

# THIAMIN (B1) DEFICIENCY

Thiamin(e) is also known as vitamin B1. It is a water-soluble, nontoxic B vitamin that is **CRITICAL** for mom's heart and brain function, as well as baby's development. It is depleted within 2 weeks of not eating normally.

Potentially life-threatening complications can develop if severely deficient.

Difficulty Speaking  
Worsening HG  
Weakness  
Confusion  
Vision Changes



Rapid heart rate  
Loss of Balance  
Dizziness  
Memory Loss  
Depression

## FACTS

Much more B1 is needed during pregnancy with HG due to a high carbohydrate diet, low nutrition, poor absorption, less muscle for storage, and other nutrient deficiencies.

### Best foods:

- seeds & nuts
- whole grains
- enriched noodles/flour
- peas & beans
- some meats



Supplements essential; B1 minimal in food

Deficiency **damages** brain, heart, eyes & nerves



HG moms need more, >90% deficient

## TREATMENT

Low B1 levels mimic and worsen HG, making it difficult to get relief with medications.

Blood tests may not reliably identify B1 need. Take oral B1 daily and ask for IV B1 in IV fluids.

**⚠️ ALWAYS get IV Thiamine with IV dextrose (D5 or D10) to avoid life-threatening complications.**

Daily Benfotiamine 100 mg weeks 4-20, then 250 mg until well for 3 months.



### Medications that lower B1:

- Acid reducer
- Anti-Seizure
- Diuretics
- Hormones
- IV nutrition (TPN)
- Antibiotics

Thiamin 500-1500 mg/day IV for 7+ days if depleted, until eating and taking oral B1.



For HG guidance and support email at [info@hyperemesis.org](mailto:info@hyperemesis.org)  
For more information visit [www.hyperemesis.org/B1](http://www.hyperemesis.org/B1)

