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There are many different types of vitamin B and they all have important functions.

This section has information on:

- thiamin (vitamin B1)
- riboflavin (vitamin B2)
- niacin (vitamin B3)
- vitamin B6
- vitamin B12

Thiamin (vitamin B1)

Thiamin is also known as vitamin B1. It has several important functions, including:

- working with other B-group vitamins to help break down and release energy from food
- keeping nerves and muscle tissue healthy

Good sources of thiamin

Thiamin is found in most types of food. Good sources include:

- vegetables
- peas
- fresh and dried fruit
- eggs
- whole grain breads
- some fortified breakfast cereals
- liver

Riboflavin (vitamin B2)

Riboflavin is also known as vitamin B2. Its functions include:

- keeping skin, eyes and the nervous system healthy
- helping the body release energy from carbohydrate

Good sources of riboflavin

Good sources of riboflavin include:

- milk
- eggs
- fortified breakfast cereals
- rice
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