

## Your Weight Loss Friend - B Complex Vitamins

People who embark on a weight loss diet face many problems. These include finding a suitable diet that not only aids the weight loss program, but also maintains a healthy balance of vitamins and minerals. Some vitamins actually aid weight loss, especially B complex vitamins. When we eat, food is converted to energy, so making that process as efficient as possible is especially important when you are trying to lose weight and remain healthy. The way the body metabolizes is crucial to good health and losing weight healthily. The Vitamin B complex plays a leading role in that process, affecting the rate at which calories are burned. Of course, the more effectively calories are burned, the more likely you are to lose weight. So, the recommended level of B complex vitamins play a key supportive role in your diet. As an example, vitamin B6 plays a partnership role with the mineral zinc, in making the digestion of food efficient. The better your digestion, the less likely you are to store that food as fat, which would counter your efforts to lose weight. The same vitamin, B6, also works with vitamins B2 and B3 to maintain the health of your thyroid gland. A thyroid gland in poor health can disturb the body's metabolism, thus disrupting the rate at which you can burn off those calories you do not want, or need. It is not just metabolism and thyroid gland that need to be considered when thinking about the role of B complex vitamins in aiding health weight loss. Many people give up on weight loss diets because their mood is affected, and they lose, or never attain, the necessary mental strength to beat the obstacles and be successful with weight loss. B Complex vitamins also have an important role in maintaining mental health, and preventing symptoms such as anxiety and depression which might reduce your confidence and determination in achieving the desired weight level. That can be an important factor in whether or not your diet will be a successful one or a failure.

## About the Author

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