

Vitamin B1 + B12: Small Vitamins, Serious Support

When appetite drops or stomach symptoms linger, these B vitamins deserve attention. They support energy metabolism, blood health, and the nervous system.



1 What B12 Does

- Vitamin B12 supports healthy nerves, red blood cells, and DNA production.
- Low B12 can cause fatigue, numbness, or tingling even without anemia.

2 Why B1 Matters

- Thiamine helps your cells turn food into usable energy.
- The body stores very little thiamine, so steady intake matters.



3 The GLP-1 Connection

- GLP-1 treatment may increase nutrition risk when low appetite, nausea, or vomiting limits food intake.
- Persistent vomiting or severe restriction makes thiamine especially important to discuss promptly.

4 Know Your Risk Factors

- B12 risk may be higher with metformin, acid-reducing medicines, GI disease, or bariatric surgery.
- Bariatric surgery combined with poor intake or vomiting may further increase thiamine risk.



5 Testing and Supplement Options

- Ask about B12 testing when symptoms or risk factors are present.
- Oral, sublingual, or injectable B12 may be considered based on labs and absorption.
- Confusion, balance trouble, or eye changes can signal thiamine deficiency (Wernicke's encephalopathy) — this is a medical emergency and needs immediate care, as does repeated vomiting.



6 When to Call a Clinician

- Reach out if vomiting lasts over 24 hours, you can't keep liquids down, or you notice severe pain, dark urine, dizziness, or confusion — these need prompt medical attention.
- This guide is educational and not medical advice — talk with your clinician if symptoms are severe or ongoing, or if you take medications or have other health conditions.



This guide is educational and general in nature. It is not medical advice and does not replace individualized care from your prescriber, registered dietitian, or pharmacist. Talk with your clinician about symptoms, testing, dosing, and supplements — B12 and thiamine needs vary by individual and should be confirmed with labs, not guessed from symptoms alone. Confusion, balance or coordination trouble, eye changes, or repeated vomiting can signal a thiamine emergency (Wernicke's encephalopathy) — seek immediate medical care rather than waiting for a scheduled appointment.