



## Could A B Vitamin Deficiency Be Aggravating Your PCOS?

Dr. Rebecca Harwin  
The PCOS Expert  
Chiropractor & Multi-book Author  
[www.ConquerYourPCOSNaturally.com](http://www.ConquerYourPCOSNaturally.com)

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If you feel lightheaded when you stand; if your energy has fallen through the floor, and getting up and about is a real issue; if you're bowels are sluggish, you suffer from stress, and you have metabolic issues (if you have PCOS, you all but definitely do), these may be signs of Polycystic Ovary Syndrome... But, they may also be signs of a B vitamin deficiency. Please don't be misguided into thinking this isn't serious. It is very much a concern.

Some signs and symptoms of B vitamin deficiency include:

- \* weakness
- \* fatigue
- \* easy bruising
- \* rashes
- \* cracks around the mouth
- \* **depression** (more common in women with PCOS)
- \* peripheral neuropathy
- \* **inflammation** (this is a significant issue in women with PCOS, and a contributor to insulin resistance, weight gain, infertility, pain)
- \* stomach upsets



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*Why do women with PCOS need to be particularly aware of vitamin B deficiency?*

Women with PCOS are most often insulin resistant – to find out how to correctly test for this, [check out this important link now](#) – and are commonly prescribed with a medication called Metformin. The research is quite promising for this medication and many PCOS signs and symptoms and is becoming a common prescription. The catch? It is known to deplete vitamin B12. That's one of the reasons that side effects of this medication include tummy upsets, nausea, and bowel changes.

Bell states "[Chronic metformin use results in vitamin B12 deficiency in 30% of patients](#)"

Ting et al found "[clinically important and statistically significant association of vitamin B12 deficiency with dose and duration of metformin use](#)"

A B vitamin deficiency can also cause or contribute to many PCOS issues, as discussed above.

*What can you do to reverse a B vitamin deficiency?*

Food and supplements are key.

Think pork, poultry, dark leafy greens like kale and spinach, lentils, nuts, bananas, eggs, sweet potatoes, avocados, mushrooms, and broccoli.

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Whenever you supplement, take your B vitamins as a complex. I also recommend taking your B's as a powder to liquid, so that any potential digestive issues are easily overcome and the vitamins end up where they are needed – in your body. The one I recommend, and personally take, is called Isotonix Advanced B Complex and you can [get yours here](#). Don't forget, you can sign up as a preferred customer there to get cash back too. And because B vitamins boost energy, don't forget to take them in the a.m.

It can be confusing when there are signs and symptoms that we think are PCOS related, but it's really important to consider all aspects, so we don't miss simple and powerful fixes.

From PCOS to perfect health, with love,

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