6 B Vitamins Crucial to Adrenal Function

B3 Niacin

Niacin, in addition to pantothenic acid, is one of the most important of the B vitamins to the adrenal cascade. Large amounts of niacin are necessary to form the molecular structure of certain niacin-dependent coenzymes critical for several steps in this cascade.

B1 Thiamine

Thiamine plays a central role in the release of energy from carbohydrates. It is involved in ribonucleic acid (RNA) and deoxyribonucleic acid (DNA) production, as well as nerve function.

B2 Riboflavin

Riboflavin is involved in the release of energy in the electron transport chain, the citric acid cycle, as well as the breaking down of fatty acids.

B6 Vitamin B6

The active form of pyridoxal-5'-phosphate (PLP) serves as a cofactor in many enzyme reactions, mainly in amino acid metabolism and biosynthesis of neurotransmitters. Vitamin B6 is also a co-factor in several of the enzymatic pathways in the adrenal cascade.

B9 Folate

Folate acts as a co-enzyme in the form of tetrahydrofolate (TFH), which is involved in the transfer of single-carbon units in the metabolism of nucleic acids and amino acids. Folate is needed for normal cell division, especially during pregnancy and infancy, which are times of rapid growth.

B5 Pantothenic Acid

Pantothenic acid is an essential contributor to energy production part of the adrenal cascade. This B vitamin is present in all cells but in higher quantities in the adrenals because so much energy is needed to produce the adrenal hormones.

References:
Vitamin B Complex. Navrachana University. http://27.109.7.67:1111/econtent/vitamins/vitamin-B.php