



VITAMINS B AND D: ESSENTIAL NUTRIENTS FOR NERVE REPAIR

Vitamins B1, B6, and B12 are essential for proper nerve function and regeneration. Deficiencies in these vitamins are common in people with neuropathy, which can lead to increased symptoms like tingling and numbness. Including foods rich in B vitamins, such as whole grains, eggs, and lean meats, can significantly aid in nerve repair. Additionally, vitamin D, found in fatty fish, fortified foods, and sunlight exposure, is crucial for reducing nerve pain and supporting overall health.

Nutrients For Neuropathy

RJ Shavelson



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