

Relationship Between B-Vitamins and Bone Health – A Review †

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Abstract: Nutrition is one of the most important modifiable factors involved in the development and maintenance of good bone health. Osteoporosis, a skeletal metabolic disease characterized by decreased bone mass and increased fracture risk, is a growing public health problem. B vitamins are a class of water-soluble vitamins that play important roles in cell metabolism. Though these vitamins share similar names, research shows that they are chemically distinct vitamins that often coexist in the same foods. In general, dietary supplements containing all eight are referred to as a vitamin B complex. Among the various risk factors for osteoporosis, calcium and vitamin D have well-established protective roles. Dietary modification is one effective approach for the prevention of osteoporosis in the general population. However, the evidence is not entirely consistent, and as yet, no clear mechanism has been defined to explain the potential link between B-vitamins and bone health. This review shows the emerging evidence of the supporting role of certain B Vitamins as modifiable factors associated with bone health.

Keywords: vitamin B; osteoporosis; bone health.

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Conflicts of Interest

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