



Vitamina B y sistema inmunitario



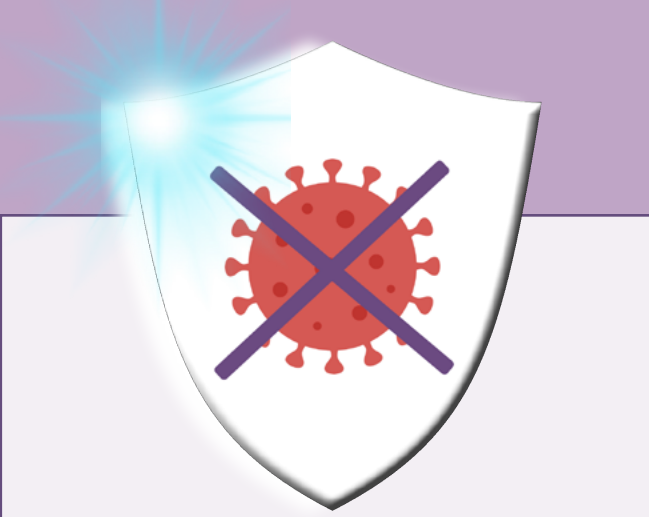
El sistema inmunitario **defiende al cuerpo** de las infecciones. Para funcionar de manera correcta, necesita unos niveles óptimos de micronutrientes, entre ellos, las vitaminas B¹.



Las vitaminas B ayudan a formar y **mantener el sistema inmunitario**².



La **deficiencia de vitaminas del grupo B afecta al sistema inmunitario** y hace a la persona más vulnerable a las infecciones y otras enfermedades¹.



Las vitaminas B (entre otros nutrientes esenciales) pueden tener un papel relevante en la lucha del sistema inmunitario frente a las **infecciones por virus**, como el VIH, causante del SIDA³⁻⁶, y el SARS-CoV-2, causante de la COVID-19⁷⁻¹³.

CAUSAS DE DÉFICIT DE LAS VITAMINAS B¹⁴



Ancianidad



Alcoholismo



Falta de aporte en determinadas dietas (p. ej., veganismo)



Ciertas intervenciones quirúrgicas del estómago o el intestino



Enfermedad inflamatoria intestinal



Toma prolongada o continua de algunos medicamentos

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