**Plug Energy Drains With Vitamins**

Are you losing energy fast? Like a sinking ship, this can often be caused by ‘leaks’ and drains. In the case of a ship these are physical holes in the body of the boat which you need to plug with some kind of bung. In the case of your body and energy, the drains are the things you’re forgetting – the aspects of your lifestyle that you haven’t yet honed and perfected.

And often the best way of plugging these holes is to change some aspect of your lifestyle, of your behavior, or of your diet.

A great place to start? Getting more vitamins.

**How Vitamins Give You Energy**

Vitamins supply us with energy in all kinds of ways and also help us to combat some of the most damaging things that can otherwise rob us of energy. Simply having a smoothie at the start of your day is a great way to find the missing pieces of your energy puzzle then and to plug the gaps in your diet and routine.

Specifically, let’s take a look at some of the things that vitamins can do for your energy levels and how they can impact your general health.

*Vitamin C*

Vitamin C is one of the most powerful and common antioxidants and is highly effective at boosting the immune system. If you’ve ever been fighting a cold, then you’ll know what an effect a low-level infection can have on your energy levels and so by reinforcing your immune system you can win back a *lot* of energy.

*Vitamin B6*

Vitamin B6 is one of *the* single most important nutrients for energy and health. Among many other things, it aids the mitochondria (the energy factories of the cells) in getting energy from our food. What’s more, it also boosts brain performance by helping us synthesize neurotransmitters.

*Vitamin B12*

Along with iron, vitamin B12 is needed to help us create the red blood cells that carry oxygen around the body. Seeing as oxygen is so vital for performing all manner of tasks, this is closely related to our energy levels.

*Vitamin D*

Vitamin D is mostly produced in the body in response to direct sunlight. However, it can also be obtained through diet if we eat foods fortified with it. Vitamin D is one of the reasons that we feel so much more alert and awake when it’s sunny and can help us to regulate our internal body clock and avoid symptoms of seasonal affective disorder.