

Good news

We can help your brain!

- We can give you high strength vitamin treatment to help your brain work better
- This vitamin treatment is free and staff can help you get it
- Read on to find out more...



What is Vitamin B1?

- It's a natural chemical in food like pork, fish, beans and peas
- It helps our brain work properly
- It helps our memory and thinking





What does Vitamin B1 do in the brain?

- Gives your brain energy to work
- Helps the brain send instructions to your muscles
- Helps the muscles work together
- Helps you to balance and move smoothly
- Helps your mood

How does Vitamin B1 get to my brain?



You can eat things with Vitamin B1 like food or a vitamin tablet



You can be injected with Vitamin B1



Your heart pumps blood with the Vitamin B1 to your brain to keep it working!



In both cases Vitamin B1 ends up in your blood



What does alcohol do to Vitamin B1?

- Vitamin B1 and alcohol don't get on at all
- Alcohol stops Vitamin B1 moving from your stomach into your blood
- Drinking alcohol means not enough Vitamin B1 gets to the brain
- People who drink lots of alcohol tend not to eat properly so their Vitamin B1 levels are very low



No Vitamin B1 means the brain doesn't work properly.



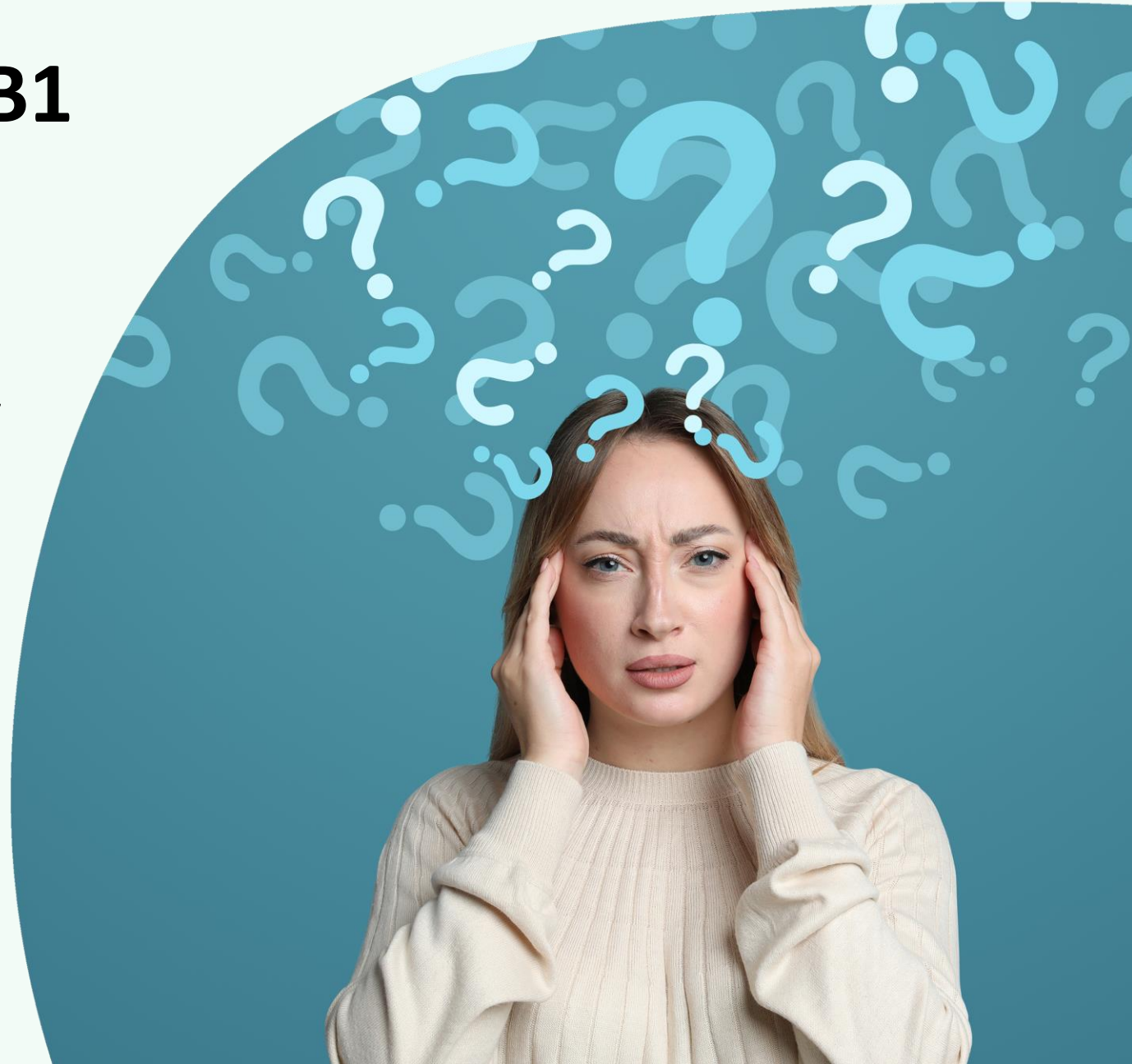
Think back to a time when you were drinking a lot.

- What was your memory like?
- What happened when you tried to think about a problem?
- When you have drunk less or been sober does your brain work better?



How long does Vitamin B1 stay in my body?

- You do not store Vitamin B in your body or brain so you run out very quickly
- This causes problems with memory and thinking especially if you drink a lot of alcohol



Let's get some extra Vitamin B1

- A nurse can give you an injection with lots of Vitamin B1
- The injections have been proved to be safe
- You have injections each day for 5 days

| Mon | Tues | Weds | Thurs | Fri |
|------------|------------|------------|------------|------------|
| Vitamin B1 | Vitamin B1 | Vitamin B1 | Vitamin B1 | Vitamin B1 |



Sounds great, what do I do next?

- Speak to:
