

B-Complex Vitamins: The Building Blocks of Better Bird Health

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A healthy bird is a beautiful bird. Her eyes are bright and her plumage colorful. She is attentive, active, and curious. Her chirps, whistles, and songs fill your home with cheer. The simplest way to ensure your bird stays healthy is to feed her a nutritious diet that is rich in, among other things, B-complex vitamins.

B-complex vitamins include Vitamins B6, B12, thiamin, riboflavin, niacin, pantothenic acid, folic acid, and biotin. Each aids specific functions within the body. As a whole, B-complex vitamins help drive enzyme activity, which breaks down food and nutrients for the body to use. B-complex vitamins also help the body respond to stress, which makes them essential when your bird breeds, molts, or is ill.

Since they are water soluble and continually excreted from the body, B-complex vitamins need to be included in your bird's diet on a continual basis. Pelleted diets are fortified with B vitamins. Add more vitamins with foods such as green leafy vegetables and unrefined grains, such as cracked and whole wheat, brown rice, or rye. Quality foods and treats rich in B-complex vitamins will help ensure your bird stays healthy and beautiful.

WE RECOMMEND



[Lafeber's Premium Daily Diet](#) blends vitamin-fortified, wholesome ingredients for sound bird nutrition.



[Parrot Biscuits](#) contain wheat, B vitamins, and minerals in a crunchy, tasty treat.