

# **Download Vitamins Minerals And Herbs Readers Digest Guide To Drugs And Supplements**

Is the sudden urge to move your legs at night affecting your sleep? If so, you might have a condition called restless legs syndrome. The good news is, there are plenty of treatments for restless legs syndrome that don't require a prescription. I am wondering if B Complex vitamins can cause someone with anxiety and panic disorders to actually get increased symptoms from this? Along with having the anxiety disorders, I am also B12 deficient, so I take a B12 Vitamin every day. ConsumerLab.com provides independent test results, reviews, ratings and comparisons of vitamins, supplements, herb and nutrition products to consumers and healthcare providers. Vitamin D is a fat-soluble vitamin, which means it's stored in fatty tissue. It's often known as the "sunshine vitamin," because your body can make vitamin D on its own after exposure to sunlight.