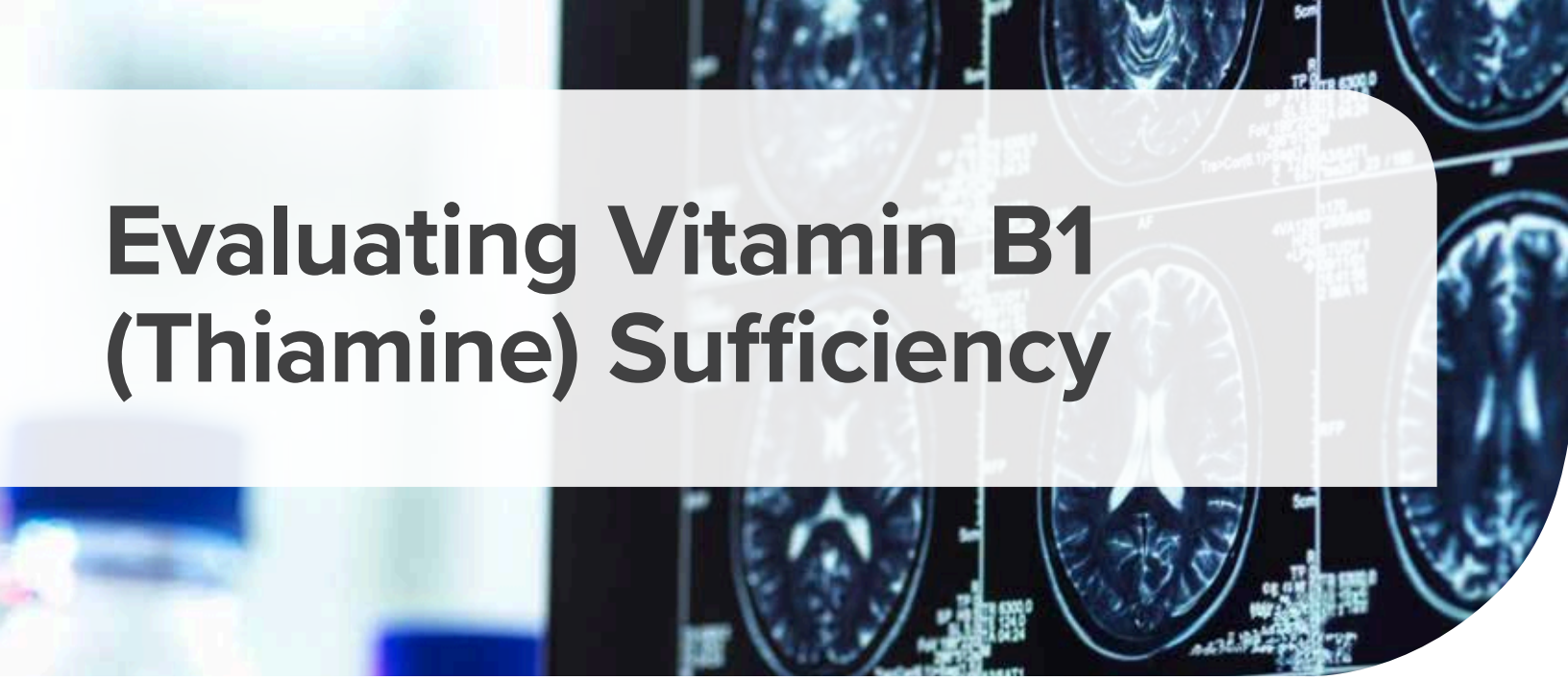

Evaluating Vitamin B1 (Thiamine) Sufficiency

Appropriate Utilization of Vitamin B1 Testing in Whole Blood and Plasma

Vitamin B1 (Thiamine): Proper Use and Name Update

ARUP Laboratories has updated the name of our "Vitamin B1 Plasma" test to Vitamin B1 Supplementation Monitoring, Plasma. This change is designed to clarify the appropriate utilization for Vitamin B1 testing in plasma, which has limited clinical utility and should only be used to monitor vitamin B1 supplementation.

To measure vitamin B1 sufficiency, testing in whole blood (Vitamin B1 (Thiamine), Whole Blood) should be ordered.

Why Proper Utilization Matters

Vitamin B1 (Thiamine) is essential for energy metabolism and neurological function. Appropriate measurement is critical for diagnosing deficiencies that can lead to serious conditions, including permanent neurological damage, memory loss, and death.[1] ARUP offers testing in both whole blood and plasma, but testing in whole blood must be used to evaluate sufficiency.

- Whole blood reflects body stores and is the appropriate method for nutritional assessment.
- Plasma testing has very limited clinical utility and should not be used to evaluate thiamine status.

This test name update is meant to reduce confusion and differentiate plasma testing from whole blood testing.

Note: Only the name has changed, all other components of the test remain the same.

TEST NAME AND CODE	CLINICAL USE
Vitamin B1 (Thiamine), Whole Blood (0080388)	Use for the evaluation of thiamine sufficiency
Vitamin B1 Supplementation Monitoring, Plasma (0080389)	Limited clinical use; only use to monitor supplementation

1. National Institutes of Health. Thiamin fact sheet for health professionals. Updated Feb 2023; accessed Dec 202