Thiamine deficiency disorders: identification and treatment

**Treatment options:**

1) Mild deficiency states (including lactating women at risk of inadequate thiamine intakes):
   - First week: 10 mg of thiamine/day, oral dose
   - Following 6 weeks: 3–5 mg of thiamine/day, oral dose

2) Severe deficiency states:
   - **Infants**
     - Immediately: if severe heart failure, convulsions or coma occur, 25–50 mg of thiamine, very slowly, intravenously
     - Following week: 10 mg of thiamine/day, intramuscular dose
     - Following 6 weeks: 3–5 mg of thiamine/day, oral dose
   - **Children and adults**
     - Immediately: 50–100 mg of thiamine, very slowly intravenously
     - Following 6 weeks: 3–5 mg of thiamine/day, oral dose

**References:**
