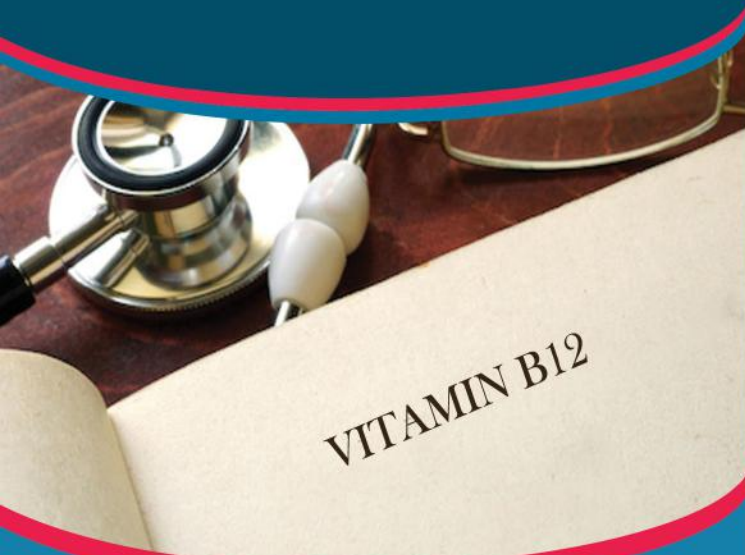




Vitamin B12



► Food Sources Of Vitamin B12 ◀

Vitamin B12 is found naturally in various animal proteins, but plant foods do not contain vitamin B12 unless they are fortified. Get the recommended amounts of vitamin B12 by eating the types of foods listed below:

- Cow liver
- Meat
- Chicken
- Egg
- Milk and other dairy products

The body absorbs vitamin B12 from animal sources much better than plant sources. Non-animal sources contain varying amounts of this vitamin, so they do not appear to be reliable sources.

► Vitamin B12 Supplements ◀

Vitamin B12 supplements can compensate for this vitamin deficiency, but nutritionists recommend getting the vitamin B12 needed from the daily diet before attempting to take supplements.

Many portions of meat and dairy products contain vitamin B12.



► The Right Amount Of Vitamin B12 For The Body ◀

The amount of vitamins needed depends on age and gender. Other factors, such as pregnancy and illness, are also important. Women need more of this vitamin during pregnancy and lactation.

Talk to the nutritionist about how much vitamin B12 is suitable.

Low levels of vitamin B12 in the body are often associated with health problems, But recent research has shown that abnormally high levels of this vitamin in the blood can increase cancer risk.

VITAMIN B12



Vitamin B12



People who are deficient in vitamin B12:

- Most people lose the ability to absorb vitamin B12 from food after the age of 50.

► Vitamin B12 ◀

Vitamin B12 is a member of the B family of vitamins and a component of water-soluble vitamins. Water-soluble vitamins dissolve in water after the body has used them; The extra amount is excreted in the urine. The human body can store vitamin B12 in the liver for years. This vitamin is vital for the human body to produce new DNA, red blood cells, proteins, hormones, and fats.

► Lack Or Deficiency Of Vitamin B12 ◀

Vitamin B12 deficiency (vitamin B12 deficiency) occurs when the intake is low the body cannot absorb the amount of vitamin it needs.

- Most people who follow a vegan (absolute vegetarian) and vegetarian diet; should try to eat foods fortified with vitamin B12 or consult a nutritionist about taking B12 supplements.



- Those with a history of gastrointestinal surgery; Like weight loss surgery, lose the ability to absorb vitamin B12.

- People with digestive problems such as Coeliac Australia or Crohn's disease may not absorb enough vitamin B12.

► Side Effects Of Vitamin B12 Deficiency In The Body ◀

- Anemia and fatal anemia
- Itching and numbness of the arms and legs
- Weakness