



Vitamin B12

What it Does

- Keeps the brain, heart, eyes, blood cells, and other organs healthy

B12 Deficiency Causes:

- Weakness and fatigue
- Numbness and tingling in hands and feet
- Confusion
- Loss of memory

Food Sources

- Meat, poultry, fish, liver
- Milk and other milk products
- People lose some ability to absorb vitamin B12 from protein foods as they age
- So, fortified foods with crystalline vitamin B12 are recommended (e.g., some cereals)

Recommendations

- Consume crystalline vitamin B12 from fortified foods such as breakfast cereal and/or a multivitamin
- At least 12 mcg daily may help prevent future development of vitamin B12 deficiency
- People diagnosed by their doctor with vitamin B12 deficiency will need higher amounts of vitamin B12, so follow your doctor's recommendations

