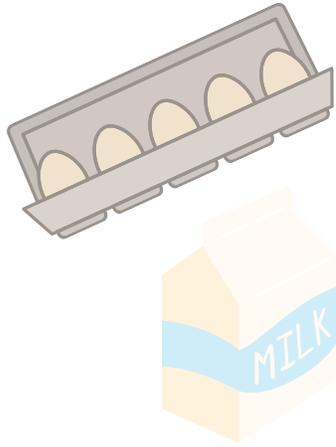


VITAMIN B12



WHAT IS VITAMIN B12

- *Vitamin B12 is also known as Cobalamin and/or cyanocobalamin.*
- *Vitamin B12 deficiency affects between 1.5% and 15% of people in the US.*
- *Vitamin B12 is found in animal foods like fish, meat, eggs, milk, and is typically not found in plant foods.*
- *Vitamin B12 helps keep nerves and blood cells healthy. It has also been seen to help prevent megaloblastic anemia.*

WHY IS VITAMIN B12 IMPORTANT?

- *Vitamin B12 is important for protein metabolism, the formation of red blood cells and it helps with the maintenance of the central nervous system.*
- *Vitamin B12 is important for proper formation of red blood cells, neurological function, and DNA synthesis.*
- *Studies have shown that elevated homocysteine levels are associated with coronary heart disease and stroke.*
 - *Vitamin B12 and others vitamins are involved in homocysteine metabolism.*
 - *When a person is deficient in vitamin B12, homocysteine levels can rise.*
 - *Some studies have seen that when supplementing with vitamin B12 and other supplements, there is a decrease in homocysteine levels. However, studies have not seen that the supplements result in a decreased risk of cardiovascular disease.*
- *Studies have also looked at vitamin B12 and its relationship with dementia.*
 - *Individuals with dementia typically have higher levels of homocysteine and Vitamin B12 has been seen to lower homocysteine levels. However, research has not determined if vitamin B12 can actually help prevent or treat dementia.*





WHOSE AT GREATER RISK FOR DEFICIENCY?

- Older adults (over the age of 50)
- Individuals with pernicious anemia
- Individuals with gastrointestinal disorders like Celiac disease or Crohns disease
- Individuals who have had gastrointestinal surgery
- Vegetarians
- Pregnant and lactating women who follow strict vegetarian diets and their infants

HOW MUCH OF VITAMIN B12 IS NEEDED?

Age	Male (mcg)	Female(mcg)	pregnancy (mcg)	Lactation(mcg)
0-6 months	0.4	0.4		
7-12 months	0.5	0.5		
1-3 years	0.9	0.9		
4-8 years	1.2	1.2		
9-13 years	1.8	1.8		
14+ years	2.4	2.4	2.6	2.8

**CONTACT US FOR MORE INFORMATION ON NUTRITIONAL SUPPLEMENTS
AT: GNG@FAIRWAYVENTURESGROUP.COM**

RESOURCES

1. Office of dietary supplements -vitamin b12. (n.d.). Retrieved February 18, 2021, from <https://ods.od.nih.gov/factsheets/VitaminB12-Consumer/#:~:text=Vitamin%20B12%20is%20a%20nutrient,absorb%20vitamin%20B12%20from%20food.>
2. Vitamin B12: Medlineplus medical encyclopedia. (n.d.). Retrieved February 18, 2021, from <https://medlineplus.gov/ency/article/002403.htm>
3. Office of dietary supplements -vitamin b12. (n.d.). Retrieved February 18, 2021, from <https://ods.od.nih.gov/factsheets/VitaminB12-HealthProfessional/>

