

Vitamin B12



Cobalt

Vitamin B12 contains a mineral called cobalt. Compounds of cobalt with Vitamin B12 are called cobalamins.

Methylcobalamin and 5-deoxyadenosylcobalamin are in the metabolic active forms of B12 that our body uses.

Other common forms of B12 are hydroxocobalamin and cyanocobalamin. All these forms of B12 can help with deficiencies, however to get the best outcomes with supplements it is recommended to take active forms of B12:

methylcobalamin or
5-deoxyadenosylcobalamin.



Sources

Vitamin B12 is found naturally in many foods including meat, fish, poultry, eggs, and milk products. It is also found in fruits and vegetables. Some of the richest Vitamin B12 foods include:

- Beef, liver, chicken
- Clams, fish, shellfish
- Eggs
- Milk and Milk products
- Apple, Bananas, Blueberries, Oranges and Mangos



Vitamin B12 is a water soluble vitamin that plays a vital part in our overall well-being. Vitamin B12 helps with blood and nerve function, DNA synthesis (helps make DNA), red blood cell formation, energy release and endurance, and protein metabolism. Deficiencies in Vitamin B12 can lead to anemia, fatigue, muscle weakness, numbness/tingling, intestinal issues, nerve damage and mood/cognitive disturbances.

It is important for each of us to have optimal and healthy levels of Vitamin B12. Other life circumstances such as pregnancy, history of gastric surgeries, women of menstruating age, neurological issues (neuropathy, etc.), and anxiety/mental health diagnosis may cause a person to need higher levels of Vitamin B12 replacement. It is important to have your levels checked regularly.