

's Nutrient Recommendations

Vitamins:

Vitamin B12 (cyanocobalamin)

What is it?

Vitamin B12 (cyanocobalamin) is a water-soluble, essential nutrient (have to get through diet), required for the manufacture of DNA, hence all body cells and red blood cells. It can be depleted by alcohol use above moderation, smoking, exercising over several hours daily, vegan and vegetarian diets (as generally found in sources of animal origin) and for the elderly, as absorption reduces with age.

For further information and research:

Link to [**Medline Plus**](#)

Where is it found?

An average diet provides 6.2mcg of vitamin B12 per day*

Food sources: **Full list in Advanced Report**

Supplementation:

- **Normal supplementation range: 100-1000mcg** daily often found/usually bought in a B-complex or multivitamin formula.
- **Best form to supplement: cyanocobalamin, hydroxycobalamin;** for therapeutic purposes other than correcting a deficiency, injections may be necessary via your doctor.

Safety - are there any side effects or interactions?:

There are insufficient data from studies in humans and

animals to set a Safe Upper Level for vitamin B12. It is generally accepted that ingested vitamin B12 (cobalamin) has a very low toxicity in humans*.

Please check with your doctor, or health professional, before taking any supplements for interactions with any medications you are taking.

**(Source: Expert Group on Vitamins and Minerals Report 2003)*