



Vitamin B12 (Cobalamin)



Overview

This nutrient is one of the B vitamins. Our bodies use it to make red blood cells. It's used to make DNA, and to keep our nerve cells healthy.

How we get it

Our bodies can't make the vitamin B12 we need. What are some good sources? You get vitamin B12 from a wide variety of foods. Fish, poultry, and meat are rich in B12. So are eggs and dairy products. Clams and beef liver are packed with it. And many foods, like bread and breakfast cereals, contain added B12.

Health benefits

What are the health benefits? We're still studying the effects of B12 on the body. We're looking into its affect on heart and brain health. We're also trying to see if it affects your cancer risk. More research is needed.

When we don't get enough

What happens if you don't get enough vitamin B12? Well, if you don't get enough for a very long time, you can have a wide range of symptoms. These include things like fatigue, weakness and pale skin. You may experience weight loss, nerve problems, confusion, depression and other issues.

Conclusion

For more info about the role vitamin B12 plays in your health, talk to your doctor.