

b12 mechanism of action

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Vitamin B12 Deficiency: Causes, Symptoms, and Treatment - WebMD

Vitamin B12 is essential for good health, but some people may not be getting enough. WebMD tells you about symptoms of a vitamin B12 deficiency and how it can be treated.

Vitamin B-12 - Mayo Clinic

Vitamin B-12 is a vitamin the body uses to make and support healthy nerve cells. It's also used to make healthy red blood cells and the genetic material inside cells called DNA. Vitamin B-12 also is called cobalamin. Food sources of vitamin B-12 include poultry, meat, fish and dairy products.

Signs and Symptoms of Vitamin B12 Deficiency - Healthline

Vitamin B12 is an essential nutrient that your body needs for processes like DNA synthesis, energy production, and central nervous system function (1). Studies suggest that up to 20% of people...

Vitamin B12 - Wikipedia

Vitamin B12, also known as cobalamin or extrinsic factor, is a water-soluble vitamin involved in metabolism. [2] One of eight B vitamins, it serves as a vital cofactor in DNA synthesis and both fatty acid and amino acid metabolism. [3]

Vitamin B12: Purpose, benefits, and sources - Medical News Today

Vitamin B12 (cobalamin) is essential for the health of nerve tissue, brain function, and red blood cells. Sources include meat, eggs, and some yeast products. Vitamin B12 is the largest and most...

Vitamin B12 Benefits and Side Effects: Dosage & Safety

Vitamin B12 (cobalamin) is an essential water-soluble vitamin that your body can't make on its own. It supports core processes like red blood cell production, nerve protection, and DNA synthesis—the reasons people search for “vitamin b12 benefits” and “what is vitamin b12 good for.”

Vitamin B12 Fact Sheet for Consumers

Vitamin B12 is found naturally in a wide variety of animal foods, and manufacturers add it to some fortified foods. Plant foods have no vitamin B12 unless they are fortified. You can get recommended amounts of vitamin B12 by eating a variety of foods including the following:

What Happens to Your Brain and Energy Levels When You Take Vitamin B12

Vitamin B12 helps your nervous system function properly, which supports brain health, mood, and energy levels. Getting enough B12, especially if you are deficient, can help prevent fatigue, irritability, and cognitive issues often associated with deficiency.

Vitamin B12: MedlinePlus Medical Encyclopedia

Vitamin B12 is a water-soluble vitamin. Water-soluble vitamins dissolve in water. After the body uses what it needs of these vitamins, leftover amounts leave the body through the urine. The body stores vitamin B12 in the liver. It can store a few years' worth of the needed amount.

How Much Vitamin B12 Should I Take Per Day? - GoodRx

You can get vitamin B12 from your diet or take it as a supplement. Learn how much vitamin B12 you should take per day and if it's possible to take too much.