

VITAMIN B₁₂ (COBALAMIN)



MAIN FUNCTIONS

- Helps make red blood cells
- Required for proper nerve function
- Helps maintain normal levels of homocysteine in the blood

DAILY RECOMMENDATION

2.4
µg

Adults
19–50 Years

100-400
µg*

Adults
51+ Years

*The LPI recommends that older adults take supplements.

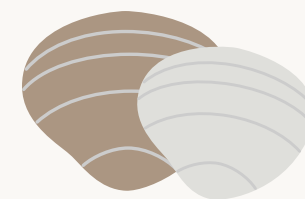
GOOD SOURCES

Vitamin B₁₂ is only found in animal products.

Seafood

shellfish • fish

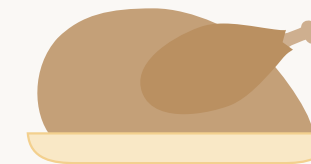
- Clams (steamed),
3 ounces, 84 µg



Poultry

turkey • chicken • duck

- Turkey (roasted),
3 ounces, 0.8 µg



Red Meat

beef • pork • lamb

- Lean Beef Plate
Steak (grilled),
3 ounces, 6.9 µg



µg = micrograms; a 3-ounce serving of meat or fish is about the size of a deck of cards

SPECIAL NOTES

- Over-the-counter antacids reduce vitamin B₁₂ absorption.
- The capacity to absorb vitamin B₁₂ from food goes down with age.
- Symptoms of vitamin B₁₂ deficiency include tingling and numbness in the extremities, nerve damage, and memory loss.
- Older adults and individuals consuming a vegan diet should obtain vitamin B₁₂ from supplements or fortified food.