VITAMIN B₁₂ (COBALAMIN)

MAIN FUNCTIONS

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

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

DAILY RECOMMENDATION

- **2.4 µg** Adults 19–50 Years
- **100–400 µg*** Adults 51+ Years

*The LPI recommends that older adults take supplements.

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.

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