



Vitamin B12 - Cyanocobalamin	
Description	Vitamin B12 is a water soluble vitamin and member of the B-Complex group.
Function	Essential for recycling certain important enzymes in the body to maintain health of blood, nerve and other cells.
Human Requirements	EU RDA: 1mcg Vitamin B12 is found only in animal products and certain foods fortified with the vitamin, therefore vegans and strict vegetarians are at risk of deficiency.
Dietary Intake¹	In the UK, the average adult daily diet provides: for men, 6.5µg; for women, 4.8µg.
Food Sources	Meat, liver, kidney, poultry, fish, eggs, dairy products, fortified breakfast cereals.
Deficiency Symptoms	Deficiency of vitamin B12 leads to macrocytic, megaloblastic anaemia. Other deficiency symptoms include sore tongue, tiredness, memory and lack of concentration.
Precautions / Contra-Indications	None known. Safe Upper Level: 2000mcg ²
Pregnancy & Breastfeeding	No problems reported with normal intakes.
Adverse Effects¹	Vitamin B12 may occasionally cause diarrhoea and itching skin. Megadoses may exacerbate acne.
Interactions¹	Excessive intake of alcohol may reduce the absorption of vitamin B12. Oral contraceptives may reduce blood levels of vitamin B12. Large doses of folic acid given continuously may reduce vitamin B12 in blood. Vitamin C may destroy vitamin B12 (avoid large doses of vitamin C within 1hour of taking oral vitamin B12).
References	<ol style="list-style-type: none"> 1. Mason, P. Dietary Supplements. Pharmaceutical Press, London, 2001. 2. Expert Group on Vitamins and Minerals, 2003.