



Patient Information Sheet

Vitamin B12

Introduction

This leaflet explains the importance of vitamin B12 to maintain good health and changes of it as a supplement for adults.

Why do I need Vitamin B12?

Vitamin B12, (cyanocobalamin), support health functions in the body which include:

- Healthy blood.
- Growth.
- Child development.
- Healthy eyes.
- Normal function for brain and nervous system.

A lack of Vitamin B12 in the body can lead to the production of abnormal large red blood cells that cannot function properly.

How does our body get vitamin B12?

Vitamin B12 can be found in animal derived foods such as:

- Eggs.
- Dairy products.
- Meat.

If your diet does not include animal products then you will need to make sure that you get vitamin B12 from other fortified sources such as breakfast cereals and yeast extracts or supplements.

Signs and symptoms of vitamin B12 deficiency

- Extreme tiredness and lack of energy.
- Poor appetite.
- Pins and needles (most likely in the hands, legs and feet).
- A sore and red tongue.
- Mouth ulcers.

- Muscle weakness.
- Disturbed vision.
- Psychological problems. This may include depression, confusion, problems with memory and understanding and judgement

Where can I get vitamin B12 supplements?

There is a wide range of vitamin B12 supplements available. These can be single supplements or incorporated into multivitamin products.

You can buy vitamin B12 over the counter at pharmacies and most supermarkets and health food shops sell them.

Further information

NHS Overview

www.nhs.uk/conditions/vitamin-b12-or-folate-deficiency-anaemia/

Vegetarian Society

www.vegsoc.org/info-hub/health-and-nutrition/vitamin-b12/

Contact details

If you have any questions, please ask the PreAMS team who will be happy to discuss any queries you have.

PreAMS, Royal Stoke Hospital

Sunday to Friday 8.00am to 6.00pm

Tel: **01782 676561**

PreAMS, County Hospital

Monday to Saturday 8.00am to 6.00pm

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Please speak to a member of staff if you need this leaflet in large print, braille, audio or another language