

VITAMIN B₁₂

Like all vitamins, B12 is essential for the human body, but perhaps not as well-known as the popular vitamin C. Why do we need vitamin B12 and how much do we need? Are B12 supplements necessary?

For what purpose?

Vitamin B12 is a water-soluble vitamin. It supports the formation of red blood cells, cell division and the development and functioning of the nervous system. The body can store a relatively large amount of vitamin B12. A deficiency often only occurs after years, once the stores have been depleted.



Haematopoiesis



Cell division



Development and functioning of the nervous system

Supply in Germany

The healthy general population is well supplied with vitamin B12. However, people who follow a vegan or vegetarian diet have an increased risk of deficiency if they do not take vitamin B12 supplements. This is because significant amounts of vitamin B12 are only found in foods of animal origin. People who, for example, due to a stomach disease, can only absorb vitamin B12 to a limited extent, are also at higher risk of deficiency.

Adequate daily intake (estimated value)



4 µg

for adolescents and adults



4.5 µg

during pregnancy



5.5 µg

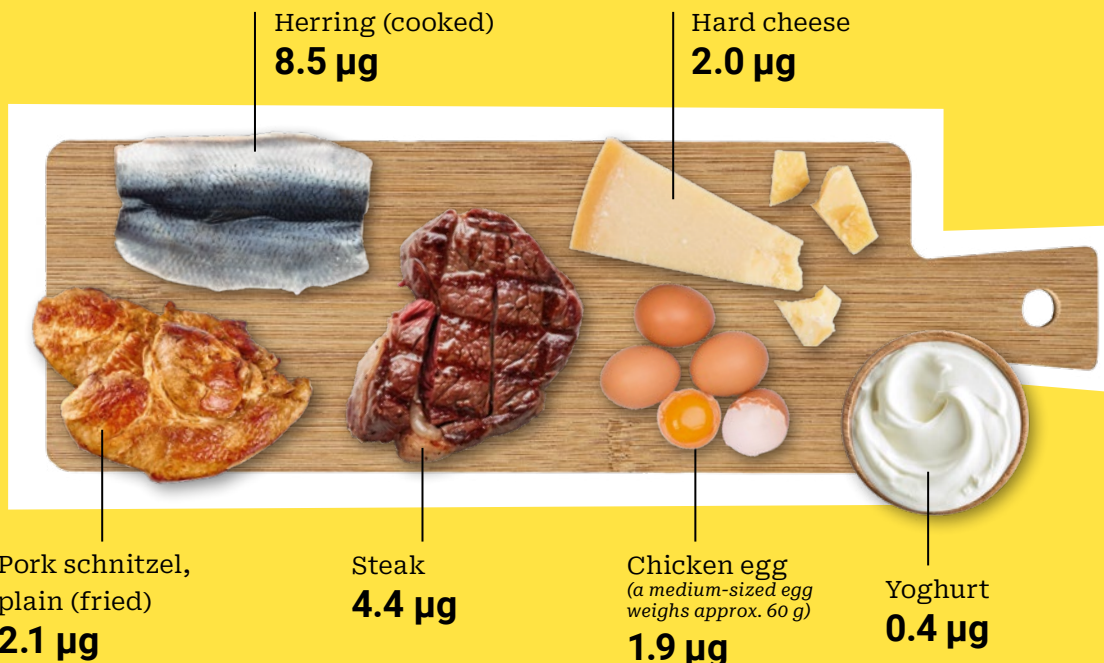
while breast-feeding

Source: The German Nutrition Society (DGE)

How much vitamin B12 is found

...in food? (per 100 g)

Vitamin B12 is only found in animal-based foods.



One microgram is one-millionth of a gram (1×10^{-6}).

...in food supplements?

People following a vegan diet should ensure a proper supply of vitamin B12 by taking food supplements. For healthy people who eat a balanced diet that includes animal products, food supplements with vitamin B12 are generally unnecessary.

25 µg

The daily dose of vitamin B12 in a food supplement should not exceed this amount



More interesting facts about topics like vitamins and minerals

...can be found on www.microco.info. In addition to vitamins and minerals, this website also provides information about numerous other substances that are found in food or that are offered as food supplements. Which foods contain particularly large amounts of a certain vitamin or mineral? Why does the body need a certain substance? What are the consequences of a deficiency?



Answers to these and other questions can be found on: www.microco.info