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Vitamin b12 benefits shots

1 in 25 Health benefits of Vitamin B12
Vitamin B12 is an essential nutrient for red blood cells, nerve function, and DNA synthesis. It's basically brain food! Getting B12 every day is crucial as we age because deficiency is associated with cognitive decline and impaired nervous function, says Jaclyn London, M.S., RD, RESUME, Nutrition Director at the Good Housekeeping Institute. You can imagine this as being in all products of animal origin and some fortified grain and bean products. If you are concerned about the minimum recommended daily dose (RDA) of 2.4 micrograms, talk to your doctor about additional testing.
2 of 25 Doctors Book Of Natural Healing Remedies \$32BUY NOWLook no further than your spice cabinet for your health woes responses, including headaches, digestive problems, and arthritis pain. In this book, prevention editors share hundreds of natural healing remedies that actually work.
3 out of 25 Ricotta Cheese It is soft, decadent, and spreadable - plus surprisingly low sodium. One half cup serving can also help you get closer to achieving your B12 goals with about 7% of your daily value, not to mention a boatload of calcium and vitamin A.
4 of 25 Pork chops 5 25 Mozzarella Here's an easy way to get more B12 from any sandwich, soup, salad, or pasta dish – and pizza. (We can't forget about pizza!) Mozzarella cheese provides 5% of your daily value per 1-ounce that serves, and you'll get an extra 8 grams of protein!
6 out of 25 Tuna Grilled or Canned, this fatty fish is full of brain-boosting omega-3s, protein and vitamin B12 – until your whole day is worth just one 3-ounce serving. The goal is about 12 ounces of a mixture of fatty fish per week to meet your needs for key nutrients.
7 out of 25 Curd Without providing B12, this kitchen staple can help you fill up to relatively low calories.
1/2 cup 1% is about 90 and contains up to 18 grams of protein. Spread a lower version of sodium for the winter or use it as a swap of sour cream and cheese for home-made recipes.
9 out of 25 Swiss cheeses Who don't love about cheese?! Swiss cheese has a higher vitamin B12 than other cheese, which provides about 14% of the daily value per ounce. Pair a slice of a piece of fruit filling snacks that have got protein, fiber, and a bit of fat to stave off diet derailments cravings. Get more healthy snack ideas »
10 of 25 Sardines These wee fish are super tasty, and easy to eat from can or fresh at the grill. Sardines are filled with lean protein and docosahexaonic acid (DHA), which is very important for fetal brain development (uterus) and cognitive in adults. The sardine portion also contains almost 20% of your daily value of vitamin B12.
12 out of 25 mussels
13 out of 25 Milk Providing almost 20% of your daily value
A morning latte can help you get closer to all the days worth of vitamin B12! Choose to skim or low-fat milk order to reduce calories from fat without sacrificing protein - one 16-ounce latte packs 13 grams.
15 of 25 Beef Here's one thing to love about red meat: Steak's a great source b12. Be sure to choose a simpler way and find local, grass-fed options to limit the environmental impact of increasing livestock. Get more beef recipes »
19 out of 25 Dietary Yeast also known as nooch, this nut yeast topping comes from cane or beet molasses. This is a favorite for vegans because nooch provides three times your daily requirements for B12, plus 8 grams of protein and 3 grams of fiber per 1/4 cup flakes. Sprinkle it in pasta sauce, or nachos or popcorn for a umami flavor boost. Get more vegan recipes »
20 of the 25 Crabs Three ounces of crab have 9.8 micrograms of vitamin B12. According to the Environmental Protection Fund (EDF) Seafood Selector, snow and stone crabs are low polluting and harvesting causes less habitat damage. If you buy red and blue king crabs, look for them from the US instead of imported varieties. Get more crab recipes »
23 of the 25 trout trout, a salmon relative, has 4.2 micrograms of vitamin B12 in every three ounces. As these fish are mainly farmed, the EDF considers these fish to be the best. All the trout you'll find at the fish market come from U.S. farms with high environmental standards. Learn how skin and de-bone fish fillets »
24 out of 25 Herring These small fish offer 3.6 micrograms of vitamin B12 in every 3 ounces. Look for Atlantic or Pacific herring because, according to EDF, these fish have little contaminants.
25 of 25 WATCH: Best 300-Calorie Bowls for every meal these delicious, low-calorie power bowls will keep you feeling comfortable and energized from breakfast to dinner.
Vitamin B12, also known as cobalamin, is an essential vitamin that your body needs but cannot produce. It is found naturally in animal products, but is also added to certain foods and is available as an oral supplement or injection.
Vitamin B12 has many roles in your body. It supports the normal function of your nerve cells and requires red blood cell production and DNA synthesis. For most adults, the recommended daily dose (RDI) is 2.4 µg, although it is higher for women who are pregnant or breastfeeding (1).
Vitamin B12 can benefit your body in impressive ways, such as increasing your energy, improving your memory and helping prevent heart disease. Here are 9 health benefits of vitamin B12, all based on science. Share on PinterestVitamin B12 plays an essential role in helping your body produce red blood cells. Low levels of vitamin B12 cause red blood cell production to decrease and prevent them from developing properly (2).
Healthy red blood cells are small and round, but they become larger and usually oval vitamin B12 Cases. Due to this larger and irregular form, erythrocytes are unable to move from bone marrow at the appropriate rate, leading to megaloblastic anaemia (2).
When you are anemic, your body does not have enough red blood cells to transport oxygen to your vital organs. This can lead to symptoms such as fatigue and weakness.
Summary
Vitamin B12 is involved in the formation of red blood cells. If vitamin B12 levels are too low, the production of red blood cells is changed, causing megaloblastic anemia.
Adequate vitamin B12 levels are very important for a healthy pregnancy. Studies have shown that the fetus's brain and nervous system require sufficient B12 levels from the mother to develop properly.
Vitamin B12 deficiency at an early stage of pregnancy may increase the risk of birth defects such as neural tube defects. In addition, maternal vitamin B12 deficiency may contribute to premature birth or miscarriage (3).
One study found that women with vitamin B12 levels below 250 mg/dl were three times more likely to give birth to a child with birth defects compared to women with appropriate levels (4).
In women with vitamin B12 deficiency and below 150 mg/dl, the risk was five times higher than in women above 400 mg/dl (4).
Summary
According to vitamin B12 levels are the key to a healthy pregnancy. They are important for preventing birth defects in the brain and spinal cord.
Maintaining adequate vitamin B12 levels can support your bone health. One study in more than 2,500 adults showed that people with vitamin B12 deficiency also had lower than normal bone mineral density (5).
Bones with reduced mineral density can become delicate and brittle over time, leading to an increased risk of osteoporosis. Other studies have also shown a link between low vitamin B12 levels and poor bone health and osteoporosis, especially in women (6, 7, 8).
Summary
Vitamin B12 can play an important role in your bone health.
Low levels of this vitamin in the blood are associated with an increased risk of osteoporosis.
Macular degeneration is an eye disease that primarily affects your central vision. Maintaining adequate vitamin B12 can help prevent age-related macular degeneration. Researchers believe that supplementing with vitamin B12 can reduce homocysteine, a type of amino acid found in your bloodstream.
Elevated homocysteine levels are associated with an increased risk of age macular degeneration (9, 10).
A study of 5,000 women aged 40 and over concluded that adding vitamin B12 with folic acid and vitamin B6 may reduce this risk (11).
The group receiving these supplements for seven years had fewer macular degeneration cases than the placebo group.
The risk of developing any condition was 34% lower, but 41% lower for heavier types (11).
Finally, further research is needed, fully understand the role of vitamin B12 in promoting vision health and Degeneration.
Summary
Maintain adequate levels of vitamin B12 reduces the level of homocysteine in the blood. This can help prevent the development of age-related macular degeneration.
Vitamin B12 can improve your mood. The effect of vitamin B12 on mood is not yet fully understood. However, this vitamin plays an essential role in the synthesizing and metabolizing of serotonin, the chemical responsible for regulating mood.
Therefore, vitamin B12 deficiency can lead to reduced serotonin production, which can lead to depressed mood.
Research supports the use of vitamin B12 supplements to improve symptoms of depression in people with a deficiency of these vitamins.
One study in people with depression and low vitamin B12 levels showed that those who received both antidepressants and vitamin B12 were more likely to have symptoms of depression compared to those treated with antidepressants alone (12).
Another study revealed that vitamin B12 deficiency is associated with a double risk of major depression (13).
In addition, high levels of vitamin B12 are associated with better treatment outcomes and an increased likelihood of recovery from severe depression (MDD) (14).
Although vitamin B12 supplements can help improve the mood of people with pre-existing deficiency.
Vitamin B12 deficiency is associated with memory loss, especially in older adults.
Vitamin May play a role in preventing brain atrophy, which is a loss of neurons in the brain and is often associated with memory loss or dementia.
One study in people with early-stage dementia showed that the combination of vitamin B12 and omega-3 fatty acid supplements slowed down mental decline (15).
Another study found that even vitamin B12 levels in the low half of normal can contribute to poor memory performance. As a result, supplementing with this vitamin can improve memory even if there is no clinically diagnosed deficiency (16).
More research is needed to make sound conclusions about the effects of vitamin B12 supplements for memory and cognitive function.
Summary
Vitamin B12 can help prevent brain atrophy and memory loss. More research is needed to conclude if supplementing with this vitamin can improve memory for those with no deficiency.
Vitamin B12 supplements have long been touted as the go-to product for the influx of energy. All B vitamins play an important role in the energy production of your body, although they do not always provide energy. (17)
There is currently no scientific evidence to suggest that vitamin B12 supplements can increase energy for those with sufficient levels of that vitamin.
On the other hand a significant deficiency of vitamin B12 by taking a supplement or increasing the dose will probably improve your energy levels (19).
In fact, one of the most common early signs of vitamin B12 deficiency is fatigue or lack of energy.
Summary
Vitamin B12 is involved in the production of energy in your body. Having a supplement can improve your energy levels, but only if you're defied of this vitamin.
High levels of total amino acid homocysteine in the blood are associated with an increased risk of heart disease. If you're noticeably deficient in vitamin B12, your homocysteine levels become elevated.
Studies have shown that vitamin B12 helps to reduce homocysteine levels, which can reduce the risk of heart disease (20, 21, 22). (22)
However, there is currently no scientific evidence to support the effectiveness of vitamin B12 dietary supplements in that regard.
Further research is therefore needed to understand the relationship between Vitamin B12 and heart health.
Summary
Vitamin B12 can reduce blood homocysteine, a type of amino acid that is associated with an increased risk of heart disease. However, studies do not currently support the claim that vitamin B12 reduces this risk.
The role of vitamin B12 in cell production, adequate levels of this vitamin are needed to promote healthy hair, skin and nails.
In fact, low vitamin B12 levels can cause a variety of dermatological symptoms, including hyperpigmentation, nail discoloration, hair changes, vitiligo (loss of skin color patches) and angular stomatitis (inflamed and cracked mouth corners) (24, 25).
Supplementing with vitamin B12 has been shown to improve dermatological symptoms in people with B12 deficiency (26, 27).
However, if you are well nourished and do not defi a vitamin, taking a supplement is unlikely to improve your skin, nail strength or hair health (28).
Summary
Healthy vitamin B12 levels are important for your hair, skin and nails.
However, having a supplement probably won't improve your health in these areas if your level is already enough. It is estimated that 6% of people aged 60 and over in the US and the UK have vitamin B12 deficiency, while around 20% have a low to normal or borderline deficiency (29).
Vitamin B12 deficiency can occur in one of two types.
Either your diet is not enough, or your body is unable to fully absorb it from the food you eat.
Those at risk of vitamin B12 deficiency are (1):Older adultsPeople with gastrointestinal disorders such as Crohn's disease or celiac disease. , which reduces the absorption of vitamin B12.
If your body has absorbent vitamin B12, your doctor may recommend B12 intramuscular injections to raise your levels.
Vitamin B12 is found only naturally in products of animal origin. Even though some plant-based milk or grains may be enriched with vitamin B12, vegan diets are often limited to this vitamin, putting people at risk of deficiency.
If you eat a healthy, varied diet, eliminating vitamin B12 deficiency would be easy. However, if you think you may be at risk, talk to your doctor.
Vitamin B12 deficiency can most often be prevented or resolved by oral or intramuscular injections.
Summary
Risk factors for vitamin B12 deficiency include reduced ability to absorb this vitamin due to low hydrochloric acid secretion, certain medications or gastrointestinal diseases and surgery.
Vegans are also at risk because B12 is found only in products of animal origin.
Vitamin B12 is a water-soluble vitamin that you are getting with diet or dietary supplements. It is responsible for many functions of the body and can benefit your health in a variety of ways, such as preventing large birth defects, supporting bone health, improving mood and maintaining healthy skin and hair.
Getting enough vitamin B12 in a diet is very important. However, if you have difficulty getting enough or have a condition that affects absorption, supplements are an easy way to increase your B12 dose.
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