

Vitamin B12

Information for patients

This leaflet is for people who have low vitamin B12 levels, may benefit from self-care, or may no longer need vitamin B12 injections.

What is vitamin B12?

Vitamin B12 is a vitamin your body needs to stay healthy. It helps to:

- Keep your nerves healthy
- Support memory and concentration
- Make red blood cells

If your vitamin B12 level is low, you may:

- Feel very tired or weak
- Very low vitamin B12 levels can sometimes cause nerve problems.

What causes low vitamin B12?

Some people do not get enough vitamin B12 from their diet.

If your low vitamin B12 is caused by your diet, you may be able to improve your levels by eating more foods that contain vitamin B12.

Good sources of vitamin B12 include:

- Meat
- Fish and shellfish
- Milk, cheese and yoghurt
- Eggs

Vegan foods with added vitamin B12:

- Oat, soya and rice milks
- Breakfast cereals
- Marmite
- Fortified soya yoghurts and spreads



You can also buy vitamin B12 tablets from pharmacies and supermarkets.