

## Vitamin B12 Recommendations

### Who should supplement?

- Anyone on a vegetarian, vegan, or semi-vegetarian diet
- Anyone 50+ years of age
- Anyone who has a h/o bariatric surgery

### What should supplement dose be?

- 50 mcg per day or 2,000 mcg per week
- If 65+ years of age, regardless of diet, 1,000 mcg per day
- If already deficient, 1,000 mcg per day for 1-4 months until B12 is restored

Recommended vitamin B12 supplement amounts for pregnant and lactating women, infants, and children (¼ of ALL pregnant women do not get enough vitamin B12 and this increases to ⅓ by the third trimester)

	Daily single dose	Weekly dose
Pregnant & lactating women	50 mcg	1,000 mcg x 2
Children, 6 months - 1 year	5 mcg	-
Children, 4 - 10 years	25 mcg	-
Children, 11+ years	50 mcg	1,000 mcg x 2

### What form of B12 is best?

- Cyanocobalamin - has a track record of safety & efficacy
- Sublingual, chewable, or liquid form - NOT a tablet that is swallowed whole
- \*Methylcobalamin may be better for people with kidney disease
- Look for USP on vitamin B12 supplement - indicates 3rd party was paid to evaluate and certify that what is said to be contained in supplement actually is
- Injections not recommended and oral supplementation has been proven to be adequate
- Vitamin B12 should be taken on its own and not as part of a combined MVI

### Testing for B12 deficiency

- Serum B12 - only indicates a deficiency if it is low, a deficiency can exist with a normal or high serum B12 level
- Functional B12 test is best
  - Homocysteine - urine or serum
  - Methylmalonic acid (MMA) - urine or serum

What about fortified foods?

- 3 separate servings of fortified foods that have  $\geq 190\%$  of DV of vitamin B12 should be eaten daily
- Some examples of fortified foods include nutritional yeast, non-dairy milks, and cereals. Not ALL brands of these products are fortified - check the nutrition label.

As an example, if you are relying on fortified nutritional yeast for vitamin B12, the following chart shows how much should be consumed daily to achieve adequate vitamin B12 intakes.

<b>Brand of nutritional yeast</b>	<b>How much to consume daily for adequate vitamin B12</b>
Bob's Red Mill	1 Tbsp 3 x/day
Bragg's	1 tsp 3 x/day
Kal	1 rounded Tbsp 3 x/day
Red Star	1 Tbsp 3x/day
Trader Joe's	1.5 Tbsp 3x/day