

WHAT IS VITAMIN B₁₂

Vitamin B₁₂, also known as cobalamin, is an important water-soluble vitamin (1). It plays an essential role in the production of your red blood cells and DNA, as well as the proper functioning of your nervous system. Vitamin B12 is naturally found in animal foods, including meats, fish, poultry, eggs and dairy.

CAUSES OF VITAMIN B₁₂

Atrophic gastritis, in which your stomach lining has thinned. Pernicious anemia, which makes it hard for your body to absorb vitamin B12. Conditions that affect your small intestine, such as Crohn's disease, celiac disease, bacterial growth, or a parasite. Immune system disorders, such as Graves' disease or lupus.

SYMPTOMS OF VITAMIN B₁₂

- Weakness, tiredness, or lightheadedness.
- Heart palpitations and shortness of breath.
- Pale skin.
- A smooth tongue.
- Constipation, diarrhea, loss of appetite, or gas.
- Nerve problems like numbness or tingling, muscle weakness, and problems walking.
- Vision loss.

NEUROTHERAPY TREATMENT

Black treatment formula