



Vitamin B12 and you

Vitamin B12 is an Important Vitamin

Vitamin B12 helps to support nerve function and build healthy blood cells.

Vitamin B12 is also important to keep other parts of your body healthy, including your heart, eyes, bones, hair, nails, and skin.

As you age, it is normal for your body to not absorb Vitamin B12 as well as it once did. It can be common for an older adult to have low levels of Vitamin B12.

Stay Healthy as You Age

It is important to make sure you are eating rich sources of Vitamin B12 in your diet. You can prevent low levels of Vitamin B12 by eating a healthy, balanced diet.

Vitamin B12 is naturally found in a lot of food sources and can be added into other fortified foods.

Eat a diet that includes a variety of Vitamin B12 foods, including low-fat dairy, lean proteins, and fortified grains.

Talk with your health care provider or dietitian to determine if Vitamin B12 supplements are right for you.

FOODS RICH in Vitamin B12

MEAT
(beef & lamb)



DAIRY
(milk, cheese, & yogurt)



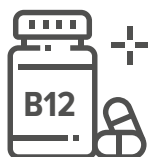
SEAFOOD
(fish & shellfish)



fortified
CEREAL



POULTRY
(chicken, turkey, and duck)



If you take Vitamin B12 supplements, make sure you talk to your health care provider or pharmacist about how it may interact with other medicine you take.