

Vit B12

Vitamin B12 is a water-soluble vitamin needed for normal nerve cell activity, DNA replication, and production of the mood-affecting substance [SAME](#) (S-adenosyl-L-methionine). Vitamin B12 acts with [folic acid](#) and [vitamin B6](#) to control homocysteine levels. An excess of [homocysteine](#) is associated with an increased risk of [heart disease](#), [stroke](#), and potentially other diseases such as [osteoporosis](#) and [Alzheimer's disease](#).

The stars signify the effectiveness of Vitamin B12 supplement for the following health conditions:

Used for	Amount	Why
Anemia and Vitamin B12 Deficiency	600 to 1,000 mcg daily	★★★★ Taking vitamin B12 may help prevent and treat anemia. Deficiencies of iron, vitamin B12, and folic acid are the most common nutritional causes of anemia.
Depression and Vitamin B12 Deficiency	See a doctor for evaluation	★★★★ Taking vitamin B12 can help counteract deficiencies related to depression.
High Homocysteine (Vitamin B6, Folic Acid)	400 to 1,000 mcg of folic acid daily, 10 to 50 mg of vitamin B6 daily, and 50 to 300 mcg of vitamin B12 daily	★★★★ Vitamin B6, folic acid, and vitamin B12 all play a role in converting homocysteine to other substances within the body and have consistently lowered homocysteine levels in trials.
Vitamin B12 Deficiency	Consult a qualified healthcare practitioner	★★★★ Vitamin B12, often given as an initial injection and then orally, may correct a deficiency.
Age-Related	Refer to label	★★★

<p>Cognitive Decline (Vitamin B6, Folic Acid)</p>	<p>instructions</p>	<p>In women with cardiovascular disease or related risk factors and low dietary intake of folic acid, vitamin B6, and vitamin B12, supplementing with a combination of these nutrients may protect against age-related cognitive decline.</p>
<p>Age-Related Cognitive Decline (Folic Acid)</p>	<p>100 mcg per day of vitamin B12 and 400 mcg per day of folic acid</p>	<p>★★★ In a double-blind trial, supplementing with vitamin B12 and folic acid for 2 years slowed the rate of cognitive decline, compared with placebo, in elderly volunteers.</p>
<p>Age-Related Cognitive Decline and Vitamin B12 Deficiency</p>	<p>Consult a qualified healthcare practitioner</p>	<p>★★★ Improved brain function among seniors has been observed after correcting vitamin B12 deficiency with injections, but oral vitamin B12 has not been studied for ARCD. People with ARCD should be tested for vitamin B12 deficiency.</p>
<p>Bell's Palsy</p>	<p>Consult a qualified healthcare practitioner</p>	<p>★★★ Vitamin B12 injections have been shown to be beneficial for people with Bell's palsy.</p>
<p>Celiac Disease (Vitamin B6, Folic Acid)</p>	<p>3 mg vitamin B6, 0.8 mg folic acid, and 0.5 mg vitamin B12</p>	<p>★★★ Daily supplementation with a combination of vitamin B6 (3 mg), folic acid (0.8 mg), and vitamin B12 (0.5 mg) have been shown to help relieve depression in people with celiac disease.</p>

Chronic Fatigue Syndrome	Consult a qualified healthcare practitioner	★★ Vitamin B12 deficiency may cause fatigue, but B12 injections have been reported benefits even without deficiency. A doctor should evaluate deficiency and whether B12 injections may help.
Hepatitis and Hepatitis C	Refer to label instructions	★★ In one study, the addition of vitamin B12 injections to antiviral medications increased the proportion of patients in whom the hepatitis C virus was cleared from the body.
Indigestion and Vitamin B12 Deficiency, Delayed Gastric Emptying, and Helicobacter Pylori Infection	1,000 mcg daily	★★ Vitamin B12 may be beneficial for people with delayed emptying of the stomach in association with <i>Helicobacter pylori</i> infection and low blood levels of vitamin B12.
Low Back Pain (Vitamin B1, Vitamin B6)	Take under medical supervision: 50 to 100 mg each of vitamins B1 and B6, and 250 to 500 mcg of vitamin B12, all taken three times per day	★★ A combination of vitamin B1, vitamin B6, and vitamin B12 may prevent a common type of back pain linked to vertebral syndromes and may reduce the need for anti-inflammatory medications.

<p>Macular Degeneration</p> <p>(Vitamin B6, Folic Acid)</p>	<p>2.5 mg folic acid, 50 mg vitamin B6, and 1 mg vitamin B12</p>	<p>★★★</p> <p>In a double-blind study of female health professionals who had cardiovascular disease or risk factors, daily supplementation with folic acid, vitamin B6, and vitamin B12 significantly decreased age-related macular degeneration.</p>
<p>Male Infertility</p>	<p>1,500 mcg daily</p>	<p>★★★</p> <p>Vitamin B12 is needed to maintain fertility. Vitamin B12 injections have been shown to increase sperm counts.</p>
<p>Migraine Headache</p>	<p>1 mg daily</p>	<p>★★★</p> <p>In a preliminary trial, vitamin B12 reduced the frequency of migraine attacks by at least 50% in 10 of 19 people with recurrent migraines.</p>
<p>Neuropathy</p> <p>(Vitamin B6, Folic Acid)</p>	<p>Refer to label instructions</p>	<p>★★★</p> <p>Taking a supplemental form of folate, vitamin B12, and vitamin B6 may improve neuropathy symptoms and quality of life.</p>
<p>Neuropathy</p>	<p>Consult a qualified healthcare practitioner</p>	<p>★★★</p> <p>Vitamin B12 is needed for normal nerve cell function, and supplementing with it may improve symptoms of diabetic neuropathy.</p>

<p>Neuropathy (Vitamin B1)</p>	<p>Refer to label instructions</p>	<p>★★★ Taking vitamin B1 combined with vitamin B12 may improve symptoms of diabetic neuropathy.</p>
<p>Osteoporosis and High Homocysteine</p>	<p>1,500 mcg with 5 mg of folic acid daily</p>	<p>★★★ Homocystinuria, a condition associated with high homocysteine levels, frequently causes osteoporosis. By lowering homocysteine levels, vitamin B12 may help prevent osteoporosis.</p>
<p>Schizophrenia and High Homocysteine (Vitamin B6, Folic Acid)</p>	<p>Take folic acid (2 mg), vitamin B6 (25 mg), and vitamin B12 (400 mcg) daily</p>	<p>★★★ People with schizophrenia who have high homocysteine levels may improve symptoms by supplementing with folic acid, vitamin B6, and vitamin B12.</p>
<p>Sickle Cell Anemia and Vitamin B12 Deficiency</p>	<p>Consult a qualified healthcare practitioner</p>	<p>★★★ People with sickle cell anemia may be deficient in vitamin B12. Intramuscular vitamin B12 injections improved symptoms for patients in one study.</p>
<p>Thalassemia and Vitamin B12 Deficiency</p>	<p>If deficient: 300 to 1,000 mcg daily</p>	<p>★★★ Some studies have found people with thalassemia to be frequently deficient in vitamin B12, supplementing with the vitamin may help.</p>
<p>Type 2 Diabetes</p>	<p>Consult a qualified</p>	<p>★★★</p>

and Diabetic Neuropathy	healthcare practitioner	Vitamin B12 is needed for normal nerve cell function, and supplementing with it may improve symptoms of diabetic neuropathy.
Type 2 Diabetes and Diabetic Neuropathy (Vitamin B1)	Refer to label instructions	★★★ Taking vitamin B1 combined with vitamin B12 may improve symptoms of diabetic neuropathy.
Urinary Incontinence (if deficient)	See a doctor to test for deficiency	★★★ Vitamin B12 deficiency can cause urinary incontinence that may be corrected with supplementation.
Vitiligo	Refer to label instructions	★★★ Studies have shown vitamin B12 to be effective at skin repigmentation in people with vitiligo.
Alzheimer's Disease	Refer to label instructions	★ Some researchers feel Alzheimer's disease may be related to vitamin B12 deficiency.
Asthma	Refer to label instructions	★ In some people, asthma symptoms can be triggered by ingesting sulfites, a food additive. Pretreatment with a large amount of vitamin B12 reduced some children's asthmatic reaction to sulfites

Atherosclerosis	Refer to label instructions	★ Blood levels of the amino acid homocysteine have been linked to atherosclerosis and heart disease in most research. Taking vitamin B12 may help lower homocysteine levels.
Bipolar Disorder	Refer to label instructions	★ Vitamin B12 deficiency has been associated with both mania and depression. In one study, these symptoms cleared after treatment with B12 injections.
Bursitis	Refer to label instructions	★ Vitamin B12 injections have been shown to relieve symptoms of acute shoulder bursitis and decrease the amount of calcification in some cases.
Canker Sores	3 to 1,000 mcg daily	★ Recurrent canker sores might be related to vitamin B12 deficiency, but research has shown that even without deficiency supplementing this vitamin may be beneficial.
Crohn's Disease	Refer to label instructions	★ Vitamin B12 is needed to repair intestinal cells damaged by Crohn's disease.

		Supplementation may offset some of the deficiency caused by Crohn's-related malabsorption.
Dermatitis Herpetiformis and Vitamin B12 Deficiency	Refer to label instructions	★ Supplementing with vitamin B12 can counteract the nutrient deficiency that often occurs as a result of malabsorption.
Down's Syndrome	Refer to label instructions	★ People with Down's syndrome may be deficient in vitamin B12 and may benefit from supplementation.
Heart Attack	Refer to label instructions	★ Taking vitamin B12 may reduce blood levels of homocysteine. High homocysteine levels have been linked to an increased heart attack risk.
HIV and AIDS Support	Refer to label instructions	★ In HIV-positive people with B-vitamin deficiency, B vitamins appear to delay progression to and death from AIDS.
Hives	Refer to label instructions	★ Vitamin B12 injections have been reported to reduce the severity of acute hives and the frequency and severity of outbreaks in chronic cases.

Immune Function	Refer to label instructions	<p>★ A deficiency of vitamin B12 has been associated with decreased immune function. Restoring vitamin B12 levels may improve levels of immune cells.</p>
Insomnia	Refer to label instructions	<p>★ In two small preliminary trials, people with insomnia resulting from disorders of the sleep-wake rhythm improved after supplementing with vitamin B12.</p>
Lung Cancer	Refer to label instructions	<p>★ Together, folic acid and vitamin B12 help cells replicate normally. In one trial, smokers with precancerous lung changes who were given folic acid and vitamin B12 saw a significant reversal of their condition.</p>
Pain	Refer to label instructions	<p>★ Vitamin B12 appears to have pain-killing properties. In people with vertebral pain syndromes, injections of massive amounts of vitamin B12 have reportedly relieved pain.</p>
Phenylketonuria and Vitamin B12 Deficiency	Refer to label instructions	<p>★ Vitamin B12 is found almost exclusively in foods of animal origin, which are restricted on the PKU diet. Supplementing with vitamin B12 may correct a deficiency.</p>

Pre- and Post-Surgery Health	Refer to label instructions	★ In one trial, a combination of vitamins B1, B6, and B12 before and after surgery prevented post-surgical reductions in immune activity.
Retinopathy	Refer to label instructions	★ In one study, adding vitamin B12 to the insulin injections of children with diabetic retinopathy helped relieve symptoms.
Schizophrenia	Refer to label instructions	★ People with schizophrenia may have low vitamin B12 levels. Supplementing with the vitamin may correct an imbalance and improve symptoms.
Seborrheic Dermatitis in Adults	Refer to label instructions	as Vitamin B12 Injection ★ Vitamin B12 injections have been reported to improve adult seborrheic dermatitis.
Shingles and Postherpetic Neuralgia	Refer to label instructions	★ Vitamin B12 injections may relieve the symptoms of postherpetic neuralgia.
Stroke and High	Refer to label	★

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Homocysteine	instructions	Elevated blood levels of homocysteine have been linked to stroke risk in most studies. Supplementing with vitamin B12 may lower homocysteine levels and reduce stroke risk.
Tinnitus	Refer to label instructions	★ Vitamin B12 injections may help reduce the severity of tinnitus in people who are deficient in the vitamin.
Type 1 Diabetes	Refer to label instructions	★ Supplementing with vitamin B12 may improve symptoms of diabetic neuropathy.