

How Much Vitamin B12 is Too Much Vitamin B12

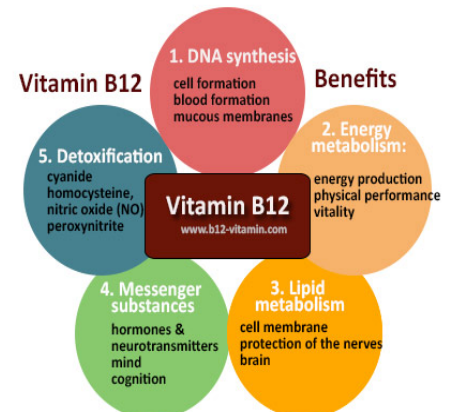
Vitamin B12 is a water-soluble nutrient that plays many critical roles in your body. However, most people get enough B12 through diet alone, and unnecessary supplementing may lead to negative side effects.

The amount of vitamin B-12 you need is primarily based on your age. The average recommended daily of vitamin B-12 are:

- birth to 6 months old: 0.4 micrograms (mcg)
- 7-12 months: 0.5 mcg
- 1-3 years: 0.9 mcg
- 4-8 years: 1.2 mcg
- 9-13 years: 1.8 mcg
- 14-18 years: 2.4 mcg
- 19 and older: 2.4 mcg
- pregnant teens and women: 2.6 mcg
- breast-feeding teens and women: 2.8 mcg

It's responsible for numerous functions in your body, including:

- red blood cell formation
- energy production
- DNA formation
- development and function of the central nervous system



Food sources of this vitamin include

- eggs
- red meat
- poultry
- seafood
- milk
- yogurt/curd
- fortified cereals



Supplementing Vitamin B12:

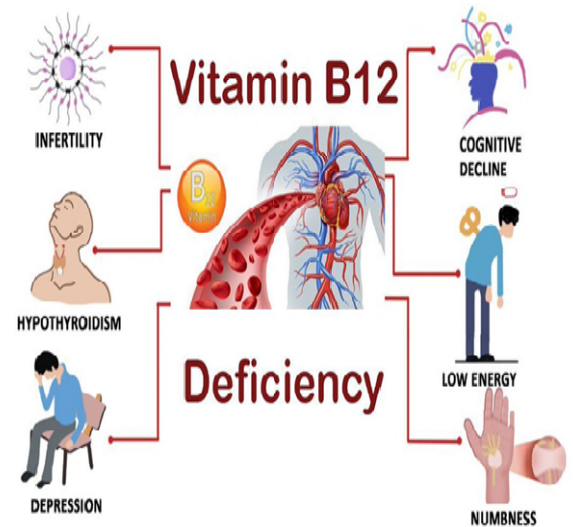
A vitamin B12 deficiency can lead to megaloblastic anaemia, a condition characterized by a low number of red blood cells that are larger than normal.

Megaloblastic Anaemia can cause a variety of symptoms and side effects, including:

- shortness of breath
- headache
- heart palpitations
- fatigue
- poor balance
- memory loss

Some people are at an increased risk of vitamin B-12 deficiency, particularly those who:

- have celiac disease
- have Crohn's disease
- have HIV
- take prescription antacids, anti-seizure medications, colchicine, or chemotherapy medications
- are vegans and don't eat meat or dairy products
- drink alcohol regularly
- have an immune dysfunction
- have a history of bowel disease, such as gastritis or Crohn's disease



Evidence indicates that vitamin B-12 has many benefits for people as they age. It can:

- reduce your risk of a heart attack and stroke
 - benefit your memory
 - offer protection against Alzheimer's disease
 - improve your balance
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- Vitamin B12 Supplementation also help women who are pregnancy and nursing women.
 - Certain studies have also shown to that Vitamin B12 supplementation help with obesity.

Can taking high doses of B12 cause side effects?

No Tolerable Upper Intake Level (UL) has been established for B12, due to its toxicity. Upper limit refers to the maximum daily dose of a vitamin that is unlikely to cause adverse side effects in the general population.

This threshold has not been set for B12 because your body excretes whatever it doesn't use through your urine.

However, B12 in an injectable form may cause some negative side effects, such as:

- nausea
- vomiting
- diarrhoea
- headaches
- dizziness
- hot-flushes



Taking a B-complex vitamin tablet may benefit your health if you do not get enough B vitamins from other sources. This can include people who are pregnant, vegan, or have certain medical conditions. But these in high doses can cause gastritis, nausea, tingling and pain in small joints as they contain other vitamins along with B12.



The bottom line

B12 is an important nutrient that is often used as a nutritional supplement, even by those without a B12 deficiency.

Though doses of up to 2,000 mcg of vitamin B12 are considered safe, it's best to speak with a doctor to find out whether taking a supplement is necessary.

Most people can fulfill their B12 needs through a nutrient-rich diet. However, some people, including those who are pregnant, **should consider talking with a doctor about supplementation.**

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OPD DAYS-

THURSDAY – RD Gardi Medical College, Ujjain

FRIDAY & SATURDAY – Charitable Hospital, Ujjain