

Vitamin B12

Why do we need it?



- Make red blood cells.
- Nervous system function.
- For DNA synthesis to occur.
- To help the body release energy from food.



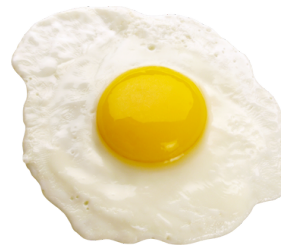
Recommended Daily Allowance:

Adults : **1.5 micrograms**



= **1.2 micrograms**

250ml Low Fat Milk



= **0.6 micrograms**

1 Egg

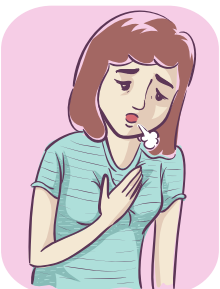


= **2.4 micrograms**

Salmon Fillet

Symptoms of Deficiency

Shortness of breath



Headaches



Fatigue



Indigestion

