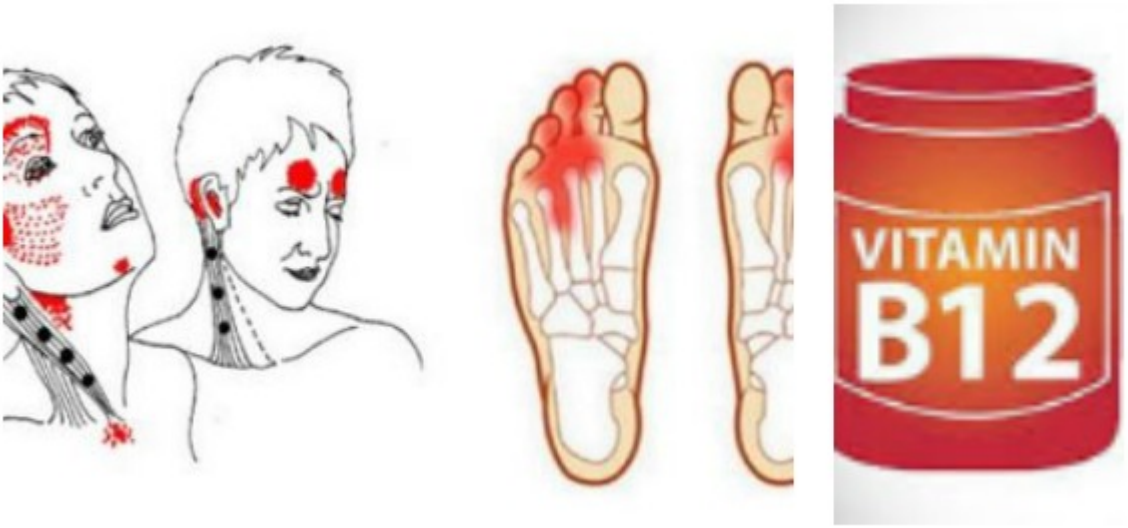
HEALTHY TIPS

Top 5 Warning Signs of Vitamin B12 Deficiency That You Shouldn't Ignore

By bestfolkmedicine · 25/07/2018 · 2 min read



Insufficient amount of vitamin B12, also known as hypocobalaminemia, can be manifested through a variety of symptoms associated with your psychological and emotional health. This vitamin is present in products from animals like eggs, dairy, meat, and shellfish. When not treated timely, this vitamin deficiency can be dangerous and trigger blood illnesses and ***neurological complications.***

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What Are the Causes for Vitamin B12 Deficiency?

- Poor nutrition
- Specific meds
- Genetics

- Poor absorption
- Chronic inflammation
- Intestinal parasites

Why Is Vitamin B12 so Important?

- ***It enables proper brain function***
- ***It enhances the DNA production***
- ***It strengthens the immunity***
- ***Needed for the production of nerve and blood cells***

5 most Common Signs of Vitamin B12 Deficiency

1. **Weak muscles**

When the muscles fail to receive the needed amount of oxygen from the red blood cells, they become weaker and sluggish.

2. **Tingling sensation**

Very often, patients who were diagnosed with vitamin B12 deficiency report experiencing a tingling sensation in different areas of the body. This is because vitamin B12 influences the creation of red blood cells and regulates the oxygen levels.

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3. **Dizziness**

Vertigo and dizziness are not uncommon among people who suffer from vitamin B12 deficiency. These symptoms are especially noticeable when trying to stand up or when walking up and down stairs.

4. **Poor memory**

When the levels of vitamin B12 are not adequate, the brain's memorizing capacity is at risk.

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5. **Constant tiredness**

Feeling tired even after a good night's sleep or an afternoon nap could be an indicator of vitamin B12 deficiency, but numerous other health issues as well. The chronic fatigue is a result of the diminished production of red blood cells, which is one of the numerous roles of vitamin B12. Hence, the oxygen transportation does properly work and you feel tired all the time.

How to Increase the Vitamin B12 Levels?

Eat more:

- *Eggs*
- *Poultry*
- *Dairy*
- *Animal protein sources*

Opt for:

Quality B12 supplements

Source:

WEBMD

DAILYSTAR

HEALTH LINE

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