

Vitamin B12: Essential To Body and Mind

Vitamin B12 is an essential nutrient, and consistent deficiencies can have serious repercussions in terms of both physical and mental health. As with most nutrients, it's best to get vitamin B12 from foods, but better to use supplements than to be lacking. However, there are plenty of excellent sources of vitamin B12 to choose from, even for vegetarians. (Vegetarian diets to be extremely low in B12.)

This remarkable vitamin plays a number of very important roles in the health of the body and the functioning of the brain. Vitamin B12 contributes to our very foundation, as it helps in the process of making our DNA. It is also necessary to red blood cells and to keeping nerve cells healthy and functioning as they should. The smooth performance of the brain requires sufficient amounts of this nutrient on a regular basis.

Deficiencies in Vitamin B12 can result in a host of health problems. Mental clarity can fade, leaving confusion, anxiety, dementia, and even depression in its stead. Without this nutrient, nerve health can deteriorate, and between that and the dysfunction that lack can cause in the brain, balance can be affected, and other neurological symptoms can appear. Skin problems can erupt, mouth sores and tongue difficulties can occur when there is an ongoing lack of this vitamin. Babies who do not get enough Vitamin B12 may suffer significant developmental delays and even fail to thrive. These are just a few of the problems that can occur without the correct amount of B12 in the diet.

Animal-based foods are one of the most commonly consumed sources of Vitamin B12. These include meats of various sorts, milk, milk products such as cheese and yogurt, and eggs. For those who are vegetarians of varying degrees – ranging from standard to vegan – there are a wide variety of cereals to choose from that are fortified with B12. Wheat germ also has some B12. For those who completely eschew animal products of any type, taking a supplement is a good idea.

Taking the time to learn about nutrition and to try to make sure that the required daily intake levels are met is an easy way to help ensure that you are as healthy as possible. Vitamin B12 is an important part of the list of essential nutrients that should be consumed daily, serving to build and strengthen the body and keep the brain working as well as it was meant to.

About the Author

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Source: <http://www.tntarticles.com>