

B12 Vitamin Basics

The b12 vitamin is just one of the essential b vitamins that are needed to maintain a healthy body and mind. Cobalamin is the alternative name for the 12b vitamin. The body needs the b12 vitamin for a number of different processes including converting the fats, carbohydrates and proteins from all food that is consumed into energy. One of the most important processes that the b12 is essential for is to create healthy red blood cells. The prevention of heart disease relies on the production of healthy blood cells and therefore the b12 vitamin is vital. The b12 vitamin is also vital for keeping the immune system functioning at its maximum efficiency. Not only this, but the b12 vitamin also works to form the protective covering of all the nerve cells in the body.

The production of red blood cells is not the only type of cells that the b12 vitamin is essential for. In fact, all of the cells in the body require the b12 vitamin, including white blood cells and nerve cells. The white blood cells are an important part of the immune system and without the b2 vitamin the effectiveness of the immunity of the body to germs and viruses is heavily reduced. The nerve cells need the b12 vitamin to create the fatty layer that will protect them from damage. The brain cells are particularly open to disease and damage if there is not enough b12 vitamin present to form this protective layer.

Even though the b12 vitamin is involved in so many essential processes the actual recommended daily amount that a body needs is quite small. The fact is that the majority of people consume much more of the b12 vitamin than their body actually requires. The only issue is that the body cannot absorb the b12 vitamin very easily and has to create its own aid to the process. The intrinsic factor that the body produces helps the body to absorb the b12 vitamin that it needs from food but this still amounts to only half of the total b12 vitamin available. A deficiency in the b12 is extremely rare in most people and is made even less likely because the body can recycle the b12 vitamin that it already has absorbed.

A few groups of people may develop anaemia due to a lack of b12 vitamin in their diet. Young children often have a problem getting enough of the b12 vitamin because they may be extremely fussy eaters and it is important to encourage them to eat as wide a variety of foods as possible. This is not only the case with the b12 vitamin but is true for all essential vitamins and minerals.