

# Signs of lack of vitamin B12 should be checked immediately to better protect health

Lack of vitamin B12 can cause neurological damage, stress, depression, memory loss ... and many problems associated with health problems.

1. Did you know: Vitamin D helps reduce pulmonary tuberculosis symptoms in cows
2. Vitamins and all you need to know
3. Signs of your body are missing a serious vitamin

Vitamins play an extremely important role in energy production and maintaining our body's activity. Each vitamin has different uses for the body. With vitamin C will help you strengthen resistance, vitamin B works to support the production of energy in the body as well as metabolism and energy metabolism in cells, vitamin D helps bones stronger .

According to many recent studies by health experts, most of our bodies are deficient in a large amount of vitamin B12, this vitamin has the effect of promoting the function of the nervous system, stimulating appetite, increasing memory and concentration, prevention of cancer, allergy, poisoning. If vitamin B12 deficiency can cause neurological damage, stress, depression, memory loss . and many problems associated with health problems. The following are signs to recognize your body is deficient in vitamin B12 and need to be supplemented immediately to avoid harm to health.



## **Causes of vitamin B12 deficiency**

Vitamin B12 deficiency can be caused by various factors, among them the most common symptoms are: Antacids affect the neutralization of vitamin B12 because the body needs enough stomach acid to absorb it; Nitrous Oxide, also known as laughing gas, destroys vitamin B12 in the body; Drinking more than 4 cups of coffee a day will reduce vitamin B12 by 15%; Surgical weight loss by shrinking the stomach changes the digestive mechanism, affecting the absorption of vitamin B12; HP bacteria destroy stomach cells that create the "intrinsic factor" needed to absorb vitamin B12

### **1. The tongue is smooth and pale in color**

For normal people, provided with adequate vitamin B12 for the body, the tongue usually has a natural pink color, on the surface of the tongue will be slightly rough. For those who lack serious vitamin B12, the surface of the tongue will be very smooth and the color is somewhat paler than the average person. Because of the lack of catalysts on the surface of the tongue, your taste buds are also significantly reduced, the tongue may be painful and may not be palatable.

### **2. Have a needle feeling**



When the body lacks vitamin B12, it will affect the neurons significantly. The most recognizable expression is that you have a needle-like feeling in your hands and feet.

According to health experts, when the body has this symptom, but we ignore it, it can leave heavy eggs for you later.

Therefore, if you have the feeling of a prickly needle, you need to go immediately for easier and timely treatment.

### **3. Unbalanced, or stunned**

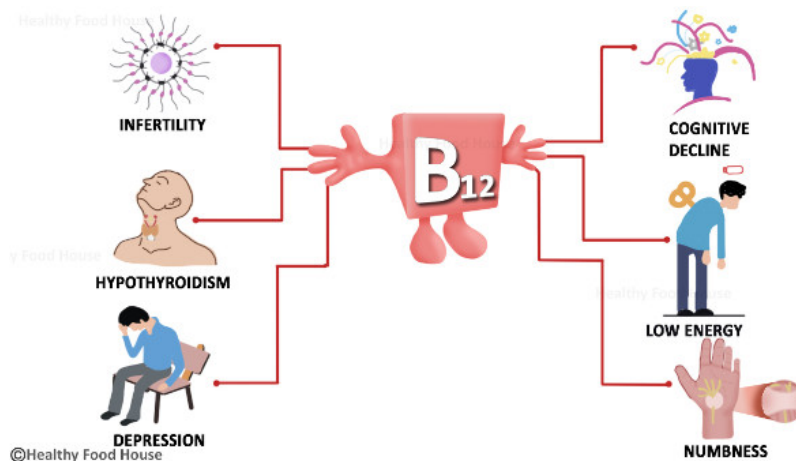


If the body does not have the protection of vitamin B12, the nerves in the spinal cord branch down to the limbs will be minimized.

Therefore, when the body lacks the necessary amount of vitamin B12, it will make you unable to master your steps, leading to the phenomenon of stumbling when walking and may stumble, tremble and even stunned. dizziness, dizziness.

This is quite dangerous when you have to move, because if you are not careful you can fall at any time. Therefore, when the body emits these signs, you should not be subjective. Please see your doctor for timely monitoring and treatment.

#### 4. Memory problems



If you often fall into a state of foreground, forget later, have trouble remembering a certain information, it may be a warning sign that your brain is suffering from a deficiency due to vitamin B12 deficiency. This sign, not only affects daily living, but also greatly affects the quality of work and study.

If this situation persists, no treatment can lead to diseases such as dementia, memory loss . Therefore, if you find that you have forgetfulness, then you should check to see if it is due to B12 is missing for timely addition.

## 5. Easy to stress and tear quickly

Vitamin B12 deficiency is a major cause of the body's inability to produce serotonin and dopamine compounds. These are considered important substances for transmission to the brain to regulate the human mood.

If this situation continues for a long time, it can affect mental health, worse, it can lead to depression or insecurity, anxiety, and emotion . Therefore, supplementing enough B12 is also a way to help you spend every day happier and healthier.

### Food sources contain vitamin B12



The best way to maintain vitamin B12 levels is from animal sources and supplements. These categories are some of the best food sources that contain vitamin B12:

1. Meat: turkey, lamb, pork, beef, chicken, goat
2. Milk: yogurt, cheese, cow's milk, hard and soft cheese, cream cheese
3. Eggs: especially yolk
4. Seafood: scallops, sardines, shrimp, salmon, tuna, cod
5. Vegan source: nutritional yeast, supplemented coconut milk, or soybean yeast

Wish you good health!

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