

Signs It's Time to See Your Doctor About B12 DEFICIENCY

B12 Deficiency? Here's How to Tell

Feeling tired, bummed out, or unfocused?
It could be a vitamin B12 deficiency.



WHY IT MATTERS

CAUSES

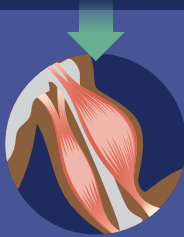


Not getting
enough from
your diet



Not
absorbing
enough

EFFECTS



Physical



Neurological



Psychological

Vitamin B12 deficiency can cause **anemia**=
Not enough red blood cells to move oxygen through your body

KNOW THE SIGNS



Difficulty focusing

◀ Fatigue



Pale skin

◀ Hard time balancing or walking



Tingling hands and feet

◀ Depression



Vision and speech issues

◀ Confusion



Shortness of breath

◀ Poor appetite/weight loss



Sore mouth or tongue

◀ Fast heart rate



You may not have symptoms but still not have enough vitamin B12

GET ANSWERS



Ask your doctor to do an exam and blood test. If you don't have enough vitamin B12, there are simple ways to get more. (Hint: It may not be as easy as taking a vitamin, but most symptoms go away with treatment.)

Reviewed by Brunilda Nazario, MD, on Jan. 23, 2023

SOURCES: Cleveland Clinic: "Anemia," "Vitamin B12 Deficiency." Harvard Medical School: "Ask Dr. Rob About Vitamin B12 Deficiency." Johns Hopkins Medical: "Vitamin B12 Deficiency Anemia."