

— Vitamins, Minerals & Dietary Fatty Acids

Vitamins

Vitamins are substances that your body needs to grow and develop normally. There are 13 vitamins your body needs. They are Vitamin A, B vitamins (thiamine, riboflavin, niacin, pantothenic acid, biotin, vitamin B-6, vitamin B-12 and folate), Vitamin C, Vitamin D, Vitamin E, and Vitamin K.

Hide

VITAMIN B12
(pg/mL)

889

Range: 200-1100

VITAMIN B12

(pg/mL)



Result Comments

Vitamin B12 works with folate and vitamin C to help the body make new proteins. It is necessary for normal red blood cell and white blood cell formation, repair of tissues and cells, synthesis of DNA, and neurologic health. Low vitamin B12 may be a result of alcoholism, malabsorption, vegan diets, and some medications.

For more information, visit <https://ods.od.nih.gov/factsheets/VitaminB12-HealthProfessional/>