## B<sub>12</sub> Deficiency & Mental Health

Bipolar Psychosis Schizophrenia

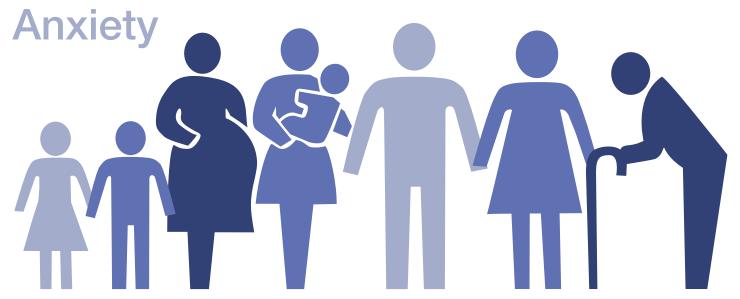
Depression

Post natal depression

Suicidal thoughts

Mania Paranoia

Confusion Personality changes



B12 deficiency can strike at any stage of life

If you have a mental health diagnosis and have not had B12 deficiency ruled out, please make sure your doctor tests you.



www.b12deficiency.info

Important: If you suspect a B12 deficiency please don't supplement before testing, this will skew your results.

B12 injections will be required if you cannot absorb B12 from food.