



www.b12deficiency.info



B₁₂ is the only vitamin that **is not** recognised as being **reliably supplied from** a varied wholefood, **plant-based diet . . .**

Algae and some other plant foods contain B₁₂-analogues (false B₁₂) that can imitate true B₁₂ in blood tests while actually interfering with B₁₂ metabolism.

Source: Vegan Society UK.

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.