WHAT IS VITAMIN B12?

Vitamin B12 also known as cobalamin, helps your body make red blood cells and DNA. It also supports healthy nerve function. B12 is found in poultry, meat, fish, and dairy products.

WHAT DOES TEST MEASURE?

Vitamin B12 testing measures the level of that vitamin in your blood. Having a B12 deficiency, or a low level of this essential vitamin, can cause a range of health issues, including anemia, fatigue, muscle weakness, and mood disturbances.

PREPARING FOR TEST

Drink plenty of water before the test. Your physician may instruct you to not eat before the test. Take medication as usual unless requested otherwise by your doctor.

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