

B₁₂ Deficiency & Mental Health

Bipolar Psychosis Schizophrenia

Depression Post natal depression

Suicidal thoughts Mania Paranoia

Confusion Personality changes

Anxiety



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.