



A diet which does not include animal products will not contain vitamin B₁₂ which is vital for life.

Correct supplementation of B₁₂ is essential for a healthy vegan lifestyle.



www.b12info.com

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.