A diet which does not include animal products will not contain vitamin B_{12} which is vital for life.

Correct supplementation of B_{12} is essential for a healthy vegan lifestyle.

B12 info.com

www.b12info.com

Important: If you suspect a B_{12} deficiency please don't supplement before testing, this will skew your results. B_{12} injections will be required if you cannot absorb B_{12} from food.