**Never Ignore These Warning Signs Of Vitamin B12 Deficiency**

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The deficiency of vitamin B12, or hypocobalaminemia, refers to the reduced levels of this vitamin in the blood.

It is manifested by many signs and symptoms, many of them related to the psychological and emotional health.

The most common cause include reduced intake, the use of certain medications, genetics, malnutrition, poor absorption from the stomach or intestines, chronic inflammation of the stomach, intestinal parasites, and more.

This is due to the fact that this vitamin is a powerhouse, and is essential for the healthy function of the brain, the production of DNA, nerve and blood cells, and a healthy immune system.

It is found in animal products, such as meat, dairy, eggs, and shellfish.

Therefore, if left untreated, vitamin B-12 deficiency can cause serious blood diseases and neurological issues. We reveal the most common 5 warning signs linked to vitamin B-12 deficiency.

1. **Unexplained Fatigue**

If you are feeling exhausted even if you have slept well, and you constantly lack energy, your body might lack this vitamin. The reason is the lack of red blood cell production, which is one of the functions of B12. In this case, the transport of oxygen to the organs is impeded and leads to fatigue.

1. **Dizziness**

B12 deficiency might cause dizziness and vertigo, as well as a feeling of wobbles when you get up too fast from a sitting position, and when you walk up or downstairs.

1. **Forgetfulness**

Low B12 levels might also make you forget things often. You might suspect it is early dementia, but chronic and uncharacteristic forgetfulness is a common symptom of this deficiency. Yet, you can boost your memory by taking supplements and raise the intake of B12.

1. **Pins and Needles**

The lack of B12 often causes pins and needles throughout the body, as the vitamin affects the production of red blood cells, and thus controls the levels of oxygen. Numbness or the feeling of electric shock waves might be caused by the nerve damage.

1. **Muscle Weakness**

In case the muscles do not get the sufficient oxygen amounts from red blood cells, they weaken, and become sluggish.

**But, what to do?**

You should consume more dairy, eggs, poultry and animal protein sources, and take supplements with B12. We strongly advise the intake of its form known as methylcobalamin, which is best better absorbed within your body.

Source: [www.curejoy.com](http://www.curejoy.com/content/7-signs-of-b12-deficiency/)