



# VITAMIN B12

GENE	GENO TYPE
FUT2 (1)	AA
FUT2 (2)	GG
FUT(3)	GG
MTR	AA
VDR taq	AA
COMT	GA
TCN1	GG
MTRR A66G	AG
MTHFR 677T	GG

Since your body can't make vitamin B12, you should get it either from supplements or food sources. Foods that contain vitamin B12 are all animal products or have been fortified with B12. See end of report for foods high in B12.

## TYPICAL

## SUPPLEMENTATION NEED



It's estimated that 40 percent of American's don't get enough vitamin B12. Vitamin B12 is absorbed through the stomach lining typically in the form of animal-based foods.

### *Benefits of Vitamin B12*

B12 deficiency can contribute to fatigue and brain fog.

Benefits to increasing your vitamin B12 intake, include

- Increased energy – Because your body needs B12 to convert carbohydrates into glucose, it increases your overall energy and reduces fatigue.
- Improved brain function – Vitamin B12 helps make DNA and keep your nervous system healthy by reducing depression, stress levels, and reducing brain shrinkage.
- Healthy digestive system – B12 helps the gut and prevents heart disease by curbing cholesterol levels, protecting against stroke, and high blood pressure.

### INTERPRETATION:



### RECOMMENDATIONS

Normal B12 supplementation

