

Should You Take Vitamin B12 Supplements?

Written by News Co

Vitamins and minerals are essential nutrients that perform various roles in the body. Our body needs different types of vitamins to function in a healthy way. Though each type of vitamin is important for the body, Vitamin B12 is one vital nutrient that our body cannot make on its own. Diet and supplements can help in fulfilling B12 requirements in the body, but many people turn to B12 vapes instead of having it orally.

What can B12 deficiency do?

B12 deficiency in the body can increase the risk of birth defects like neural tube defects. It can also lead to miscarriage or premature birth.

B12 supports the normal function of the nerve cells and is needed for red blood cell formation in the body. B12 also boosts energy, improves memory, regulates mood and prevents heart disease. B12 deficiency can cause anemia, affect mood and result in fatigue or tiredness.

Who should take vitamin B12 supplements?

Taking B12 supplements is helpful for those who are at a risk of vitamin B12 deficiency. Vegetarians, pregnant women and elderly people need B12. Many people who are [vegetarian suffer from B12 deficiency](#)

. The highest source of vitamin B12 is eggs, fish, poultry, beef, salmon, milk and dairy products.

B12 is made synthetically so it is vegan friendly. Vegans can take B12 supplements. Breakfast cereals also have B12 so vegans can add cereals in morning breakfast to fulfill B12 deficiency.

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How Can I Take B12?

B12 can be found in various forms and you can chew them, drink them or place it under the tongue. It can be injected in the body also. Taking mouth and muscular injections is effective equally to restore the B12 levels in the body for those who are B12 deficient.

It is to be noted that B12 deficiency in the body is not just caused because of improper diet. It is caused because of a lack of intrinsic factor, a lack of protein which is important for efficient absorption of B12. This lack of intrinsic factor is found commonly in elderly people and this is a result of the disease known as the pernicious anemia.

A common treatment for the pernicious anemia is lifelong. Vitamin 12 injections are the treatment for this as a small amount of B12 is absorbed by the body only due to intrinsic factors. According to a review 1000 mcg is better than the injections.

What is another source of B12?

B12 is an important nutrient that performs many essential functions in the body. Another way to take B12 is by vaping it. For maintaining adequate levels of B12 in the body it is best to inhale it. You can choose to [inhale vitamin B12](#) to complete the daily dose of B12.

Studies have shown that people who had anemia have been able to ditch the monthly injection of B12 and supplemented it with 10 breaths of B12 inhaler. Inhaling B12 is better because the body absorbs it quickly when you vape it. Supplements take some time to get absorbed by the body. The other thing is that our bodies need a small dose of B12 every day so inhaling 10 puffs of it every day is beneficial. It works better. This is not true with other vitamins like Vitamin C because for this, one would need to take thousands of puffs. The other benefit to Breath B12 is that it is not sensitive to the heat linked to vaporizing.

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In the mid 50's evidence proves that the levels of B12 in the body increased after inhalation. The body could absorb B12 quickly when it is inhaled. Therefore, it uplifts the mood instantly. One feels relaxed after taking B12 vaporizers.

Conclusion: The data speaks volumes about the B12 inhalation. Inhaling B12 is more effective than injections and pill absorption.