



VITAMIN B12

essential for everyone,
not just vegans!



THE ORIGIN OF VITAMIN B12



Many believe that vitamin B12 is found only in animal-based foods. However, did you know that this vital vitamin is naturally produced by microorganisms in the soil, not by animals themselves?



WHY IS IT IMPORTANT?



Vitamin B12 plays a crucial role in the nervous system and the production of red blood cells. A deficiency can lead to symptoms such as anaemia, chronic fatigue, and difficulty concentrating, affecting more than just those on a vegan diet.



IT'S NOT JUST VEGANS WHO SHOULD SUPPLEMENT!



Many individuals are deficient in this vitamin without even realising it. That is because many farm animals are fed processed feeds lacking sufficient B12, so they too require supplements.



HOW TO PREVENT B12 DEFICIENCY



You can prevent B12 deficiency by taking supplements, consuming fortified foods available in shops, and monitoring your levels through blood tests that specifically check for B12.



BEING A CONSCIOUS VEGAN



**NOW I KNOW ALL
ABOUT B12! I'LL
ASK MY DOCTOR
TO ARRANGE A
BLOOD TEST,
JUST TO BE
SURE...**

Being a well-informed vegan is entirely possible! With supplements, fortified foods, and regular monitoring, you can maintain a balanced diet and prevent vitamin B12 deficiency. Take care of your health!



**Be the
CHANGE**

**GO
VEGANOK**