



The Ultimate B12 Deficiency Handbook: Vitamin B12 Deficiency Symptoms, Causes, and Treatments To Battle Fatigue And Take Back Your Life (Food, Diet, Nutrition, Health)

Jennifer Sanibel

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Also called cobalamin, Vitamin B12 just one of the eight B vitamins. But what does it do? It's essential for the smooth function of your brain and nervous system. It also helps your body create blood. Because of how necessary it is, a deficiency in Vitamin B12 can wreak havoc with your body and your mind.

In this comprehensive guide to Vitamin B12, you'll learn all you need to know about symptoms, diagnosis, and treatment. Learn about the common fatigue symptoms that point to Vitamin B12 deficiency, as well as the tests used to determine the cause of deficiency.'

Finally, you'll be able to learn everything you need to know about treating Vitamin B12 deficiency, from a comprehensive list of foods rich in this essential vitamin to supplements and B12 injections.



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