Vitamin B12 Risk & Test Checklist

FitInFlow.space · Values from the NIH Office of Dietary Supplements and other official sources. For information only, not medical advice. Updated October 2026.

1. Am I in a higher-risk group?

[ ] Over 50 [ ] Vegan or mostly plant-based [ ] Pregnant or breastfeeding on a vegan diet [ ] Weight-loss or stomach surgery

[ ] Celiac or Crohn's disease [ ] Pernicious anemia [ ] Metformin [ ] Long-term PPI or H2 blocker

2. My test results

Test	Date	My result	Suggests low B12
Serum B12			Below about 200-250 pg/mL
Methylmalonic acid (MMA)			Above 0.271 umol/L
Homocysteine			Above 15 umol/L (not specific)
Full blood count			Large red cells

Source: NIH ODS. Labs differ. Your clinician interprets the results.

3. Official reference values (mcg per day)

Group	RDA	Upper limit
Ages 14+	2.4	Not set
Pregnancy	2.6	Not set
Breastfeeding	2.8	Not set

Reference values, not dosing advice. A doctor or pharmacist can tell you what, if anything, makes sense for you.

4. Label check

[ ] Form: cyanocobalamin, methylcobalamin, adenosyl or hydroxo (no proven absorption difference) [ ] Third-party seal confirmed

[ ] Not doubling up with a B-complex or multivitamin [ ] No energy or memory cure claims

5. See a doctor for

Pins and needles, numbness, balance problems, memory or mood changes, a sore red tongue, breathlessness or unusual tiredness. Nerve damage can become permanent if untreated.

Report supplement side effects to the FDA: 1-800-FDA-1088 or safetyreporting.hhs.gov. Poison Control: 1-800-222-1222. Emergency: 911.