

**Vitamin B12 Test**  
TEST RESULT

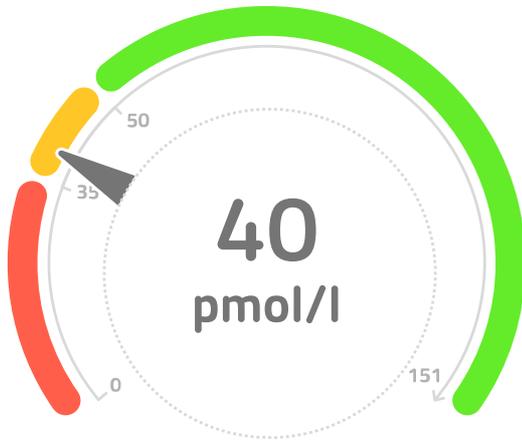
# Test result Vitamin B12

**Name**  
Jane Blogs

**Sample Number**  
ABC123

**Report Date**  
08/07/2019

**Birth date**  
08/07/1987



## Your test result

Your measured vitamin B12 value is: **40 pmol/l**

For your information: The active vitamin B12 - also known as, holotranscobalamin - was measured. This form of vitamin B12 is the only one that can be absorbed by the body's cells and indicates an empty vitamin B12 store even before symptoms occur.

**< 35 pmol/l** vitamin B12 reserves are depleted

**35-50 pmol/l** vitamin B12 reserves are almost depleted

**> 50 pmol/l** Sufficient supply of vitamin B12

## Analysis

Your vitamin B12 reserves are nearly depleted. You should try to reach the normal range of >50 pmol/l with your holotranscobalamin value in order to obtain a sufficient supply of cobalamin.

\* Please note that the reference values given refer to adults.

[Replenish reserves now](#)

## Optimize vitamin B12 levels

Based on your current holotranscobalamin concentration in the blood of 40 pmol/l, it must be permanently increased to achieve a sufficient supply of vitamin B12 and to replenish the cobalamin reserves in the liver and muscles.

You can increase your vitamin B12 level by taking the following measures:

**EITHER**

Oral (by mouth) administration of cobalamin in solid or liquid form according to the following schedule:

- + 500 µg Daily intake at least until the symptoms you may have are reduced, with renewed monitoring of the holotranscobalamin level and, if necessary, further intake of cobalamin
- + depending on the cause – whether temporarily or permanent – if necessary, continue to take 250 µg for permanent supply and prevention of additional deficiency situations

OR

- + Vitamin B12 injections prescribed and administered by a physician.

A diet rich in cobalamin supports the supply of vitamin B12 in the long term. Regular monitoring of the holotranscobalamin level and bringing it within an optimal range is recommended. This will help avoid permanent health damage, protect you from a subsequent deficiency and give you the opportunity to counteract it early on.

## This is how you can identify a good vitamin B12 preparation

Your preparation should contain the active form of vitamin B12 (methylcobalamin or adenosylcobalamin). In addition, a combination with other B vitamins that promotes the absorption of B12.

### Nordic Nutraceuticals B-Active - 120 capsules

- + 1 capsule contains Vitamin B1, Vitamin B2, Niacin, Vitamin B6, Biotin, Pantothenic acid, Folic acid, Vitamin B12, Choline, Inositol and sunflower lecithin
- + predominantly use activated B-vitamins in our product OmniVegan® B-Active
- + vegetarian and certified by The Vegetarian Society England
- + It also includes the essential nutrients Choline and Inositol
- + Made in Denmark

**22.25 £**

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