

Mollusks and other products in which there are a lot of vitamin B12

Vitamin B12 contains for the most part in animal products. For example, in beef. But here are a few more food options, where this vitamin is even more.

Mollusks. Portions on 110 g contains 12.8 μg of vitamin B12. In addition, there are a lot of this vitamin in oysters.

Salmon. It contains a lot of omega-3 that fight inflammation, as well as vitamin B12.

Food yeast. Often this form of yeast is enriched with vitamin B12, due to which it becomes indispensable for vegans and vegetarians. Three tablespoons of food yeast can contain up to 24 μg B12, which is 10 times higher than the daily norm.



Photographer: Ali Redmond. Evewell Design

Canned tuna. One portion (113 g) of such a tuna contains 3.4 μg of vitamin B12, which is almost 1.5 times more than the daily norm.

Beef liver. From 110 g of the liver you will receive almost 70 µg of vitamin B12. This is more than 25 times higher than the daily rate.

News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.