

Any Lab Test Now

VITAMIN B-12 TEST

DESCRIPTION

Vitamin B-12, also called cobalamin, is a water soluble vitamin that plays a key role in the formation of blood (red blood cells and white blood cells), normal functioning of the brain and nervous system. Vitamin B-12 is one of the eight B vitamins, and it is involved in the metabolism of every cell in the human body. Vitamin b-12 functions as a cofactor for methionine synthesis and L-methylmalonyl-CoA mutase.

Vitamin B-12 is bound to protein in food, commonly found in fish, shellfish, meat, eggs and dairy products. The Vitamin B-12 is then released in the stomach by hydrochloric acid during digestion. Vitamin B-12 is then coupled with a component in the stomach called intrinsic factors (IF) before it is released and absorbed into the bloodstream within the small intestine.

WHY DO I NEED THIS TEST?

The benefits of knowing your Vitamin B-12 levels are vital since they play a major role in the formation of blood cells and functioning of the brain and nervous system. Vitamin B-12 deficiency may be due to multiple causes such as dietary deficiency, pernicious anemia, post-surgical malabsorption, and atrophic gastritis, a condition that affects 10 – 30% of the elderly population.

Vitamin B-12 deficiency may show up in multiple symptoms, including fatigue, weakness and loss of appetite. Symptoms such as numbness and tingling of the hands and feet may be experienced in severe deficiencies.

Having an optimal Vitamin B-12 level can help you regain your energy, increase your metabolism, regulate your immune system and support your nervous system.

HOW LONG WILL IT TAKE TO GET MY LAB TEST RESULTS?

Test results generally take between 24 to 72 business hours after your specimen is collected.

AM I REQUIRED TO FAST FOR THIS LAB TEST?

No. You do not need to fast for this test.

OTHER RELEVANT LAB TESTS

Customers who choose the Vitamin B-12 Test also considered the Vitamin B-12/Folate Level Test. No extra needle sticks are necessary if performed with another blood test or panel.

WRITTEN BY:

EKAN ESSIEN, MD, MPH MEDICAL DIRECTOR

Ekan Essien, MD, MPH, a native Georgian, received his BA from Duke University. Dr. Essien continued his education at Florida A&M University where he received his Masters of Public Health in Epidemiology; received his medical degree from Meharry Medical College in Nashville, Tennessee; and obtained training in general and trauma surgery at Grady Memorial Hospital at Morehouse School of Medicine. He is a candidate in the post graduate fellowship in anti-aging and regenerative medicine from the American Academy of Anti-Aging Medicine.

FOR MORE INFORMATION OR TO SCHEDULE YOUR TEST TODAY CALL 1.800.384.4567

ANYLABTESTNOW.COM