# Why Do You Need To Undergo Vitamin B12 Test?

Overview Your body requires vitamin B12 to maintain metabolism, produce DNA and red blood cells, and keep your nervous system healthy, among other things. Most people managed to get enough of this water-soluble nutrient from their regular diet. However, some people may require more than what they can get from their daily diet. That is why you need to check for a vitamin B12 test, to know whether you are deficient in the same or not. Your doctor may suggest you go for the test to diagnose various health issues as well. Here we have discussed the vitamin B12 test price, the procedure, and many more. Understanding the source of Vitamin B12: Vitamin B12 is naturally found in a wide variety of animal foods, and some fortified foods contain it as well. Unless fortified, plant foods contain no vitamin B12. You can get enough vitamin B12 by eating a variety of foods, including the ones listed below: Vitamin B12 can be found in fish, meat, poultry, eggs, beef liver, milk, and other dairy products as well. Vitamin B12 is added to some breakfast cereals, nutritional yeasts, and other foods. Other than the diet, you can also get the required quantity of supplements. It is usually in the form of cyanocobalamin in supplements and is available in different forms. Why do you need to undergo vitamin B 12 tests? Your doctor may recommend a vitamin B12 test, only if- Tingling sensations in the hands and feet Issues with balance A pounding heart Appetite loss Delusion Confusion Dementia Weakness Apart from the above-mentioned symptoms, the test can also diagnose pernicious anemia (a specific kind of anemia), Crohn's disease and celiac disease as well. What is the vitamin B12 test price in India? The price of a vitamin B12 test can vary based on multiple factors- The hospital or the lab location Doctor’s consultation fee Any other test suggested by the doctor along with vitamin B12 test, However, the cost of vitamin B12 tests ranges from INR 1000 to INR 1500. Do you need any preparation before such tests? No, you do not need to prepare for such a test. How is the test conducted? The test is conducted through regular blood tests. A vitamin B12 test can be performed at any time, and you are not required to fast prior to the test. Before undergoing the vitamin B 12 test, you should inform your doctor about all medications and supplements you are taking as some of them may have an impact on the outcomes. Values you need to know: 300 to 950 pg/ml normal 200 to 300 pg/ml borderline Less than 200 pg/ml deficient The above-mentioned values should not be considered to evaluate test results. As these ranges can vary from laboratory to laboratory. That is why it is important to discuss the findings with your doctor. How to interpret the result indicated by the vitamin B12 test? Both high and low vitamin B-12 levels may indicate an underlying health problem. Low levels of B-12 can indicate anemia, the presence of an internal parasite, or hyperthyroidism. High B-12 levels may also increase your risk of cancer. High levels of B-12 can be a sign of Illness of the liver Some types of leukemia Diabetes Failure of the kidneys It's also possible that you have low or high vitamin B-12 levels without any other health issues. Other than abnormal vitamin B-12 levels, most underlying health conditions will have additional symptoms. Why should you consider getting treatment in India? India is the most favored place for treating gastric issues for three major reasons. India's cutting-edge technology, medical skills, Board-certified and experienced surgeons, a few of them are also nominated with ‘center of excellence awards India’s hospitable environment, Vitamin B12 test cost in India is almost half of the similar procedures in other countries, which ensures the quality of treatment in India is at par with the other countries around the globe. How can we help in the treatment? If you need to undergo treatment for such ailments(pernicious anemia, Crohn's disease) or illness due to nutritional deficiency in India, we act as your guide throughout your treatment journey and will be present physically with you even before your treatment is started. We will provide you with the following: Expert physicians and endocrinologists’ opinions Transparent communication Coordinated care Prior appointment with specialists Assistance in hospital formalities 24\*7 availability Arrangement for travel Assistance for accommodation and healthy recovery Assistance in emergencies We are committed to providing the best health care services to our patients. We have a team of trained and highly dedicated health experts who will be there by your side right from the beginning of your journey. Conclusion- In India, we have world-class hospitals that offer the most advanced diabetes treatment options that exceed international standards. So, if you're thinking of taking a trip for your overall health check-up in India, you can count on us. Our effectiveness as a center for treating and managing ailments in India has been demonstrated by our treatment outcomes and patient satisfaction.