

IMPORTANCE OF VITAMIN B12



Majority of B12 is found in Animal products.
Though dairy and some vegetables do contain
but in few amount.



LIVER

70.7 mcg



CEREAL

6 mcg



MILK

1 mcg

THEREFORE, VEGANS
USUALLY ARE DEFICIENT OF IT AND
NEED SUPPLEMENT
TO FULFILL DAILY RE-
QUIREMENTS.

*As per 3 ounces per serving.

Deficiency of
B12 lead to major problems
such as -

- Memory Loss
- Fatigue
- Walking difficulty
- Physical Weakness



92%

92% Vegans suffer
from B12 deficiency
whereas 2 out of 3
Vegetarians also
suffer.

Infographic poster

Tools used:

Adobe Illustrator