Vitamin B12 Test

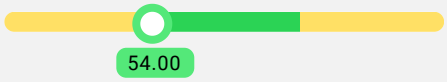
Lab test | Blood

Name: **Sample Report** Date of test: **10/20/2022** Analysis-ID: **DUMMY-69**

getTested

Your test results

Our lab has tested the concentration of holotranscobalamin (active B12). You can find your results below:

Substance	Your value	Reference value	Scale
Vitamin B12	54.00 pmol/L	48-174 pmol/L	

**The reference values apply to adults*

Vitamin B12

What should I eat if I have a B12 deficiency?

Below you will find a table of foods that are rich in vitamin B12.

Food	µg/ 100 gr	% of RDI
Beef liver (fried)	112,37	4494%
Chicken liver (fried)	33,19	1327%
Liver pate (spreadable fat approx. 24%)	18,6	4494%
Oysters	18	720%
Flounder roe (salted)	18	720%
Buckeye fillet (double hot smoked)	15	600%
Caviar	15	600%
Reindeer (dried)	13,8	552%

Food	µg/ 100 gr	% of RDI
Crab (canned)	13,5	540%
Fish (hot smoked)	11,53	461%

Vitamin B12 as a supplement

[illegible]

Toxicity

[illegible]

Recommended daily intake

Below you will find a table with values for the recommended daily intake of vitamin B12 for different ages.

Gender/Group/Age	Recommended daily intake
Infants 6-11 months	0,5 µg
Infants 12-23 months	0,6 µg
Children 2-5 years	0,8 µg
Children 6-9 years	1,3 µg
Children 10-13 years	2,0 µg
Adults	2,0 µg
Pregnant	2,0 µg
Breastfeeding	2,6 µg

[illegible]

getTested