



VITAMIN B12

(See also [Cobalamin](#), [Vitamin B](#))

Cobalamin or vitamin B12 is a vitamin that belongs to group B, water-soluble, heat-stable and sensitive to ultraviolet rays. It is involved in many chemical reactions (transmethylation, isomerization...) and in the metabolism of protein and carbohydrate.

This vitamin is exclusively present in animal products: liver, kidneys and egg yolks contain much of it, as do cheese and dairy products. One litre of milk covers all the daily needs for vitamin B 12. Apart from vegetarian populations or vegans (known as a population at risk) deficiencies are rare in industrialized countries.

The primary symptoms of cobalamin deficiency are blood, skin/mucosa and nervous system disorders.