Vitamin B12 Deficiency May Manifest in Alarming Symptoms

Alana McIntosh March 08, 2018

Purest Vantage B Vitamin Complex is highly potent and pure, and is loaded with the therapeutic goodness of B vitamins.

(Newswire.net -- March 8, 2018) Orlando, FL -- Vitamin B12 is one of the essential nutrients for human health. Since it is important, it doesn’t come as a surprise that its deficiency can lead to certain undesirable health issues.

Vitamin B12 deficiency may manifest in the appearance of alarming symptoms. It is worth remembering that such a deficiency is normally due to pernicious anemia. This condition pertains to the lack of a certain glycoprotein known as intrinsic factor.

It is worth mentioning that this glycoprotein is vital for vitamin B12 absorption. In the absence of this intrinsic factor, a deficiency develops. When the stomach secretes glycoprotein, it binds with vitamin B12.

What makes the process even more interesting is that it is then moved to the small intestine for absorption. When absorption ends up unsuccessful, it also leads to B12 deficiency.

Experts reveal that this particular nutrient is actually needed for the conversion of homocysteine to methionine. Methionine is an amino acid that is essential for synthesizing proteins.

Certain symptoms can develop when the body suffers from a deficiency. This may include chronic fatigue, which makes one constantly feel weak and tired. It may also lead to incontinence, which pertains to the failure of the bladder to hold urine. This has been found to result in a leakage.

Weight loss is another symptom to watch out for. It is important to understand that when significant weight loss occurs, it can potentially result in various problems that include weakness, sleeplessness and gastrointestinal problems.

Individuals who suffer from shortness of breath may also take into account the possibility of being vitamin B12 deficient. Labored breathing may occur due to the fact that vitamin B12 is improperly absorbed inside the body.

Certain supplements are known to be highly potent and pure sources of B vitamins, which include B12. Purest Vantage B Vitamin Complex is one that continues to gain the interest and trust of consumers.

This formula could be extremely helpful for warding off the symptoms linked with such a deficiency. It is important to remember that deficiency may even lead to psychosis and hallucinations, which manifest when the deficiency is already in its advanced stages. It can even lead to confusion, tremors, tingling in toes and fingers and depression.

Purest Vantage B Vitamin Complex can be an excellent source of these nutrients. It is highly potent and pure, and is loaded with the therapeutic goodness of B vitamins.

This formula is made in an FDA-approved facility and is even protected with a complete customer satisfaction guarantee.

(http://amazon.com/Vitamin-B-Complex-90-Capsules/dp/B0773N3MFK)

About PUREST VANTAGE

Purest Vantage is passionate and dedicated to developing high-quality products that assist people in maintaining optimal health, enabling them to enjoy all the benefits a healthy lifestyle offers.

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