

Skeehchooash

Pequot for Grasses, Herbs, Medicines

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

March 2026

Vitamin B12 (Methylcobalamin, Cyanocobalamin)

Vitamin B12 is an essential water-soluble vitamin that is commonly found in a variety of foods, such as fish, shellfish, meat, eggs, and dairy products. It is frequently used in combination with other B vitamins in vitamin B complex formulations. The term "vitamin B12" refers to any of the cobalamins. **Methylcobalamin** is the active form of vitamin B12 in the human body, but it is rarely used in supplements because it is light sensitive. **Cyanocobalamin**, which must be metabolized to the active form, is the most common form used in supplements

Vitamin B12 deficiency has varying definitions but is often defined as **vitamin B12 (cobalamin) levels less than 180-200 pmol/L (or 240 pg/mL)**. Deficiency in vitamin B12 results from insufficient intake, malabsorption from food, and other medical conditions.

Vitamin B12 deficiency is common in older adults. Daily supplementation with vitamin B12 50-100 mcg might be needed to *correct deficiency*, while daily doses of 25-37.5 mcg help to *maintain normal levels* over time. In addition to supplements, foods such as milk and bread fortified with vitamin B12 can be used and are approximately 55% to 60% absorbed by people over 60 years of age.

Vitamin B12 deficiency is also common in patients that have had gastric surgery, including gastrectomy and bariatric surgery. Taking vitamin B12 in the doses found in multivitamins or generic vitamin B supplements does not seem to prevent vitamin B12 deficiency following bariatric surgery. However, taking methylcobalamin 500 mcg daily is beneficial for treating vitamin B12 deficiency associated with a total gastrectomy and taking cyanocobalamin 5000 mcg daily is beneficial for preventing vitamin B12 deficiency following gastric bypass.

Vitamin B 12- Rich foods		
Recommended Dietary Allowance (RDA) of vit B12 for adults 18 years and older is 2.4 mcg.		
Food	Standard serving	Amount per serving
Beef (85% lean, ground, cooked)	3 ounces	2.3 mcg
Beef liver	1 ounce	20 mcg
Cereal (All-bran wheat flakes, fortified)	1 cup	8.2 mcg
Clams (canned)	1 cup (solids only)	20.3 mcg
Clams (fresh, steamed or boiled)	1 cup (12 medium)	30.3 mcg
Eggs (large, boiled)	2 eggs	0.8 mcg
Milk, low-fat (1%)	1 cup	1.5 mcg
Salmon (baked or broiled)	1 medium filet (227 g)	10.7 mcg
Tuna (canned, in water)	1 can (6.5 ounce)	4.3 mcg
Yogurt (plain, low fat)	1 cup	1.4 mcg

Other people at risk for vitamin B12 deficiency include strict vegetarians who eat no animal products (vegans) and people with increased vitamin B12 requirements associated with pregnancy, thyrotoxicosis, hemolytic anemia, hemorrhage, malignancy, and hepatic and kidney disease. Moderate consumption of animal products may not be sufficient to restore and maintain vitamin B12 levels, especially in adolescents who had consumed macrobiotic (vegan type) diets for the first 6 years of life. High dietary intake of vitamin B12 or supplements is usually needed in order to restore and maintain optimal vitamin B12 levels in these adolescents

<https://naturalmedicines.therapeuticresearch.com/Content/nm/Charts/Vitamin-B12-Rich-Foods>

At Pequot Health Care, we are dedicated to maintaining your good health!



 **PEQUOT PRxN**
PHARMACEUTICAL NETWORK

 **PEQUOT PLUS**
HEALTH BENEFIT SERVICES

PRxN®
Customer Service
800-342-5779

PRxN® PBM
Customer Service
888-779-6638

Website
www.prxn.com

E-Mail
pharmacy@mptn.org

 **PEQUOT**
HEALTH CARE

1 Annie George Drive
Mashantucket,
CT 06338



Mashantucket Pequot
Tribal Nation