



## Vitamin B12 and Women's Health

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B complex is a group of eight vitamins. All B Vitamins are water soluble in nature. Our body can neither produce nor store these vitamins. Daily supplementation of these vitamins in our diet plays a crucial role in body's overall metabolism, especially in case of females. Vitamin B12 is also called Cobalamine, and is one of the eight B Vitamins. Let us see the overall benefits of Vitamin B12 in case of females.

Vitamin B12 is used to break estrogen so that it can be excreted from the body. A woman with Vitamin B12 deficiency may experience infertility or irregular cycles.

High estrogen levels in the body can cause a lack of ovulation, embryo implantation failure and difficulty maintaining pregnancy. Vitamin B12 deficiency in the early stage of pregnancy can increase the birth defects like "Neural Tube Defects".

Majority of Indian Women are anemic in nature. Along with iron, and Vitamin C, Vitamin B12 should also be taken as supplementation for increasing haemoglobin. Vitamin B12 helps keep our body's blood and nerve cells healthy and helps make DNA, the genetic material in our cells. Healthy blood cells are small and round, whereas they become typically large and oval in case of Vitamin B12 deficiency. Due to this large and irregular shape, the red cells are unable to move from the bone marrow into the blood stream at an appropriate rate and thus causing megaloblastic anemia, leading to fatigue and weakness.

Vitamin B12 supports bone health and prevents osteoporosis. It is also known to improve mood and symptoms of depression.

Vitamin B12 deficiency is associated with memory loss, especially in older adults. It's deficiency can also impact one's energy levels.

Vitamin B12 supports healthy hair, skin and nails.

Overall it is very significant to include Vitamin B12 in our daily diet. Foods like seafood, poultry, eggs, milk, yogurt, beans, lentils, spinach, beetroot, mushroom, potatoes are excellent sources of Vitamin B12.

So let us include this vital Vitamin in our daily diet for a happier and healthier living.