



Importance of B-12 for Bariatric Patients

Vitamin B-12 or Cobalamin is a vitamin you can easily become deficient in after having bariatric surgery.

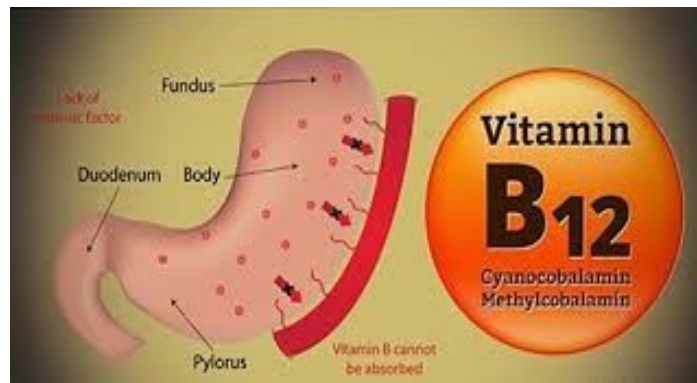
There is a protein in your stomach, which is made by the cells of the stomach lining, called the intrinsic factor. It facilitates

the absorption of vitamin B-12.

After a gastric bypass surgery, the portion of the stomach that has the intrinsic factor

is bypassed, and after the gastric sleeve

there is a lack of the



SUBLINGUAL B12

Take B12 under your tongue. This delivers the vitamin directly to your bloodstream.

- *Needed for cell metabolism*
- *Helps the brain and nervous system work efficiently*
- *Helps turn food into fuel*
- *Required for the formation of red blood cells*
- *Necessary for making protein available for different parts of the body.*

What to look for if you think you're deficient

- ◆ Pernicious anemia: tiredness, irritability, breathlessness.
- ◆ Nerve damage or neuropathy
- ◆ Cognitive difficulties
- ◆ Non-specific deficiencies include: nervousness, poor blood clotting, slower reflexes, sore tongue, dandruff, shortness of breath, and menstrual problems.



"After bariatric surgery the stomach can no longer absorb B12 making sublingual B12 vitamin supplementation NECESSARY!"

FOOD SOURCES OF B12

Meat & Poultry

Fish

Shellfish

Eggs

Milk

Cheese

