



IDA-TALLINNA KESKHAIGLA

AS Ida-Tallinna Keskhaigla  
Ravi 18, 10138 Tallinn  
Rg-kood 10822068  
Tel 666 1900  
E-post [info@itk.ee](mailto:info@itk.ee)  
[www.itk.ee](http://www.itk.ee)

## Vitamin B12

**Vitamin B12 (Vit B12) is necessary for the normal functioning of the nervous system and haematopoiesis.**

Vitamin B12 is found in food of animal origin. Vitamin B12 deficiency in the organism may develop due to malabsorption or lack of the vitamin in food.

It's recommended to fast for 8 hours before the test.