

AS Ida-Tallinna Keskhaigla Ravi 18, 10138 Tallinn Rg-kood 10822068 Tel 666 1900 E-post info@itk.ee 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.