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Current guidance
NIH Office of Dietary Supplements · National Institute on Aging · MedlinePlus

The Over-50 B12 Plan

Why food B12 gets harder after 50, and what to do about it.

2.4
MCG · THE DAILY B12 TARGET FOR ADULTS

1 Know which B12 your body struggles with

Food B12 is locked to protein and must be freed

- [ ] B12 in food is bound to protein. Your stomach must release it before you absorb it.
- [ ] A stomach protein called intrinsic factor is needed to absorb B12 efficiently.
- [ ] That release step needs stomach acid, and many older adults simply make less of it.
- [ ] ODS reports B12 deficiency in 3% to 43% of community dwelling older adults.

2 Spot the signs that are easy to blame on age

Low B12 can look like ordinary getting older

- [ ] Tiredness and weakness are common early signs, and easy to write off as ageing.
- [ ] Trouble with balance, memory or mood can appear too. None of these are proof.
- [ ] Low B12 can also show up as numbness or tingling in the hands and the feet.
- [ ] Only a blood test settles it. Ask your clinician rather than guessing from a list.

3 Choose the form that does not need acid

Supplement B12 arrives already in free form

- [ ] B12 added to supplements and fortified foods is already in free form.
- [ ] NIA advises some people over 50 may need B12 supplements or fortified foods.
- [ ] ODS states that free form B12 does not require the stomach separation step.
- [ ] Fortified breakfast cereals and nutritional yeast are practical food options.

If a blood test shows a real deficiency, this stops being a shelf decision. MedlinePlus notes treatment can mean B12 injections, often monthly.

4 Use a 55+ multi with an active B12

Match the bottle to the way you absorb things now

- [ ] Look for a multivitamin that names its B12 form on the Supplement Facts panel.
- [ ] Compare the daily target on this sheet with what the label actually delivers.
- [ ] Methylcobalamin is an active form, and in a tablet it is already protein free.
- [ ] Bring the bottle to your next appointment along with everything else you take.

THE BOTTLE THIS PLAN WAS BUILT AROUND

MegaFood Men's 55+ Advanced Multivitamin

Formulated without iron or iodine, with methylated B12, vitamin D and choline. About 90 cents a day.

Shop the bottle →

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