AgelessCoach™
AGE STRONG. LIVE LONG.

The B Vitamin Checklist

All eight, what each one does, and the groups who actually run short.

1,000 MCG · FOLIC ACID CEILING
SUPPLEMENTS AND FORTIFIED FOODS

CHECKED AGAINST
MEDLINEPLUS · NIH ODS · NHLBI

1 FIND YOURSELF ON THE SHORT-SUPPLY LIST

- **Over 50:** ODS says get most B12 from fortified foods or supplements.
- **Vegan, or on metformin or an acid reducer:** B12 runs low.
- **Could become pregnant:** 400 mcg folic acid daily, every day.
- **Celiac, Crohn's, alcohol use disorder:** absorption runs low.

2 FILL THE GAP WITH FOOD FIRST

- **B12:** fish, meat, poultry, eggs, milk. Clams and beef liver lead.
- **Folate:** leafy greens, asparagus, oranges, beans, peanuts.
- **Fortified:** enriched bread, flour, pasta, rice, breakfast cereal.

3 READ THE LABEL FOR FORM, NOT FOR SIZE

- **B12:** ODS says no supplemental form has been shown better.
- **Folate:** 5-MTHF may suit people with an MTHFR C677T variant.
- **Could become pregnant:** folic acid, not 5-MTHF, even with MTHFR.

4 PICK A B COMPLEX THAT NAMES ALL EIGHT

- All eight printed on the Supplement Facts panel, not a blend name.
- Folate total stays under your 1,000 mcg ceiling from supplements.
- **NSF or USP mark:** made properly, not proof that it works.

WHO RUNS SHORT

Adults over 50	B12
Vegans and vegetarians	B12
Metformin, acid reducers	B12
Could become pregnant	FOLATE
Most other adults	ENOUGH

TOO MUCH LOOKS LIKE

High folic acid can hide a B12 deficiency, correcting the anemia while nerve damage continues.

BEYOND THE BOTTLE · YOUR NUMBERS, YOUR FOOD, YOUR WHY

YOUR DAILY TARGET - *circle your row*

NUTRIENT	ADULTS	IF PREGNANT
Vitamin B12	2.4 mcg	2.6 mcg
Folate	400 mcg DFE	600 mcg DFE
Folic acid, if pregnancy is possible	400 mcg	400 mcg

Target is what to reach from food and supplements together. The 1,000 mcg ceiling above is folic acid from supplements and fortified foods only. NIH ODS.

FOOD FIRST - *where the two short ones live*

Clams, oysters, beef liver	B12	**Best sources**
Fish, meat, poultry, eggs	B12	**Good sources**
Milk and dairy products	B12	**Good sources**
Spinach, asparagus, oranges	Folate	**Naturally present**
Beans, peanuts, black-eyed peas	Folate	**Naturally present**

ODS names these food sources rather than per serving amounts, so no figures are invented here.

WHAT THE EIGHT ACTUALLY RUN - *why the habit is worth it*

- ✓ B1 thiamin: carbohydrates into cell energy
- ✓ B2 riboflavin: growth and red blood cells
- ✓ B3 niacin: healthy skin and nerves
- ✓ B6: red blood cells and brain function
- ✓ B12 and folate: red blood cells and DNA

MedlinePlus: a lack of B12 or B6 can cause anemia, and these vitamins leave the body in urine.