

- Vitamins

WARNING SIGNS YOU DON'T GET ENOUGH VITAMIN B12**It makes your nerves work**

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TROUBLING facial symptoms could be a sign of a dangerous B12 deficiency, which most often affects older people, vegans and those with untreated celiac disease.



The vital nutrient supports the preservation of the neurological and nervous systems. But a lack of it can also keep the body from producing enough healthy red blood cells, which deliver oxygen to every organ. Only a blood test can determine if your levels are lacking, but experts say a look in the mirror may put strong hints right in front of your face!

Dark circles under the eyes: Poor oxygenation of bodily tissues due to anemia — a low number of red blood cells — may make blueish veins more visible, particularly in the thin skin below the eyes.

Unusual swelling: B12 has diuretic properties, meaning it helps rid the body of excess water, so a deficiency can lead to a puffy appearance.

Facial twitching: Prolonged unhealthy B12 levels can cause progressively worsening — and sometimes irreversible — nerve damage, which may manifest in muscle twitching near one or both eyes.

B12 is naturally found in milk, meats, poultry, fish, eggs and shellfish, which is why vegans — who maintain a plant-based diet — may need additional supplementation.

Additionally, seniors, who tend to produce less stomach acid, and celiac patients, whose intestines may be damaged due to a gluten intolerance, can have difficulty absorbing the nutrient from the foods they eat.

If a B12 deficiency is diagnosed, a physician may advise a multivitamin, a high-dose oral supplement or injections.