- Blood / Vitamins

RED BLOOD CELL BOOST

Meeting the minimum requirement for Vitamin B12, needed to make DNA, red blood cells and nerve tissue, may not actually be enough – particularly if you are older. It may also affect cognitive impairment, University of California research has found. Older, healthy adults with lower concentrations of B12, but still in the normal range, showed signs of neurological and cognitive deficiency. These levels were associated with more damage to the brain's white matter – the nerve fibres that enable communication in the brain – and test scores associated with slower cognitive and visual processing speeds, compared to those with higher B12. Senior author Dr Ari J. Green of the UCSF Departments of Neurology and Ophthalmology and the Weill Institute for Neurosciences, said the results could suggest current B12 requirements need updating. Vitamin B12 is found in meat, fish, poultry, eggs and dairy, with synthetic vitamin B12 found in some fortified breakfast cereals, non-dairy milks, supplements and nutritional yeast.

