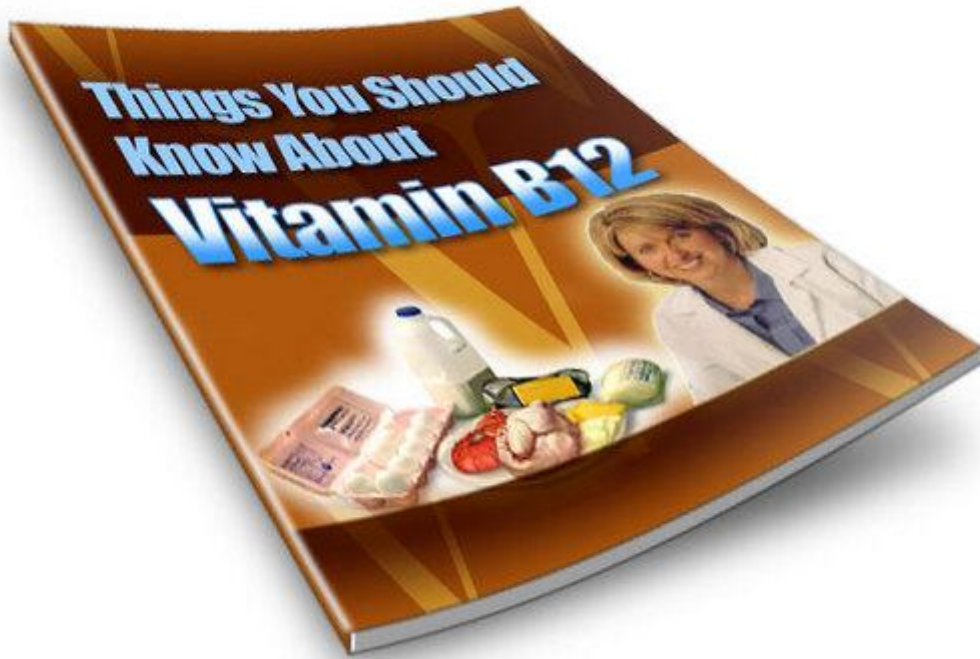


Things You Should Know About Vitamin B12 !



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As a part of the vitamin B complex, vitamin B12 is a water-soluble vitamin. However, vitamin B12 is unique among all the water-soluble vitamins in that it is not excreted quickly in the urine. Rather, vitamin B12 is accumulated and stored in the liver, kidney, and other body tissues. As a result of this storage factor of vitamin B12, a deficiency in this vitamin may not manifest itself or show its symptoms until after five or six years of diet with inadequate supply of vitamin B12. Tags: b12

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