

Is Your B12 Deficiency Linked to Your Anxiety and Depression?

Depression and anxiety symptoms have been linked to low levels of the vitamin B12 in your body.

A shortage of B12 can damage your nervous system and lead to a lack of vital DNA creation in your body.

Vitamin B12 and its absorption into your body supports red blood cell formation, cell metabolism, nerve function, and the production of DNA.

How are your depression and anxiety symptoms linked to your B12 deficiency?

What is a Vitamin B12 Deficiency?

Vitamin B is essential to the body and unlocks the body's necessary fuel used for energy.

You may be at risk for a B-12 deficiency if you:

- Recently had surgery for weight loss
- Have been diagnosed with Crohn's or celiac disease
- Are over the age of 50
- Currently take prescribed heartburn drugs
- Are a Vegan or Vegetarian

Consult your doctor if you feel you have a vitamin B12 deficiency. Your doctor's office can perform a simple blood test to determine your level of deficiency.

Are Depression and Anxiety Linked to a Vitamin B12 Deficiency?

A lack of B12 in your body can cause your nervous system to perform irregularly, causing symptoms related to anxiety and depression.

Here are three ways a B12 deficiency can be linked to depression and anxiety:

1. Low Functioning Nervous System

Your nervous system is directly affected by the lack of vitamin B in your body. If your nervous system is not working properly, you might struggle with brain fog, fatigue, poor memory, and moodiness.

2. Insufficient Red Blood Cell Production

When your body is [deficient in vitamin B12](#), your red blood cells insufficiently reproduce. This causes symptoms related to anemia resulting in fatigue, lack of energy, moodiness, depression, and anxiety.

3. Interactions with Other Medication

Some medications may cause your body to reject or not to [absorb the B12 vitamin fully](#). Consult your doctor before mixing medications with the B12 supplement to avoid added side effects.

How Can the Vitamin B12 Help Your Depression or Anxiety?

[B12 plays an essential role](#) in DNA production and neurological function.

Many psychiatric symptoms, such as personality changes, including depression, dementia, and psychosis, can be linked to your B12 levels.

Here are a few activities that help to calm your anxiety and depression in addition to supplementing with B12:

- **Eat Breakfast Every Day:** Starting your day with a balanced breakfast, including a glass of milk, is a great way to add protein to your diet.
- **Add a Vitamin B Supplement:** Consult with your doctor first. Adding a B-12 supplement to your diet improves energy and mood.
- **Exercise Daily:** Implementing a regular exercise routine into your daily life improves your physical and mental health.
- **Meditation:** Spending a few minutes in a quiet space each day calms anxiety symptoms. There are also downloadable apps available to assist you in the meditation process.

Once you know your body's Vitamin B levels, you can make the necessary changes to improve your mood and daily life activities.

B12Rx Provides the Vitamin B12 Directly to You

Research has shown that there may be a link between your B12 levels and anxiety and depression symptoms.

[B12RX's exclusive B12 shots](#) are almost 7x stronger than other B12 shots. We deliver the shots directly to you and offer flexible plans with each purchase.

If you suffer from anxiety or depression symptoms, [contact us today](#) to receive B12 shots delivered directly to your door!

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