

## B12 Consent Form

Vitamin B12 is **LIKELY SAFE** for most people when taken by mouth, applied to the skin, taken through the nose, or administered as a shot.

Mild itching has been reported in one person who used a specific avocado oil plus vitamin B12 cream for psoriasis.

### Special Precautions & Warnings:

**Pregnancy and breast-feeding:** Vitamin B12 is **LIKELY SAFE** for pregnant or breast-feeding women when taken by mouth in the amounts recommended. The recommended amount for pregnant women is 2.6 mcg per day. Breast-feeding women should take no more than 2.8 mcg per day. Don't take larger amounts. The safety of larger amounts is unknown.

**High numbers of red blood cells (polycythemia vera):** The treatment of vitamin B12 deficiency can unmask the symptoms of polycythemia vera.

**Abnormal red blood cells (megaloblastic anemia):** Megaloblastic anemia is sometimes corrected by treatment with vitamin B12. However, this can have very serious side effects. Don't attempt vitamin B12 therapy without close supervision by your healthcare provider.

**Leber's disease, a hereditary eye disease:** Do not take vitamin B12 if you have this disease. It can seriously harm the optic nerve, which might lead to blindness.

**Allergy or sensitivity to cobalt or cobalamin:** Do not use vitamin B12 if you have this condition.

**Post-surgical stent placement:** Avoid using a combination of vitamin B12, folate, and vitamin B6 after receiving a coronary stent. This combination may increase the risk of blood vessel narrowing.

### Rare Side effects include:

**Generalized:** [Anaphylactic shock](#) and death have been reported with administration of parenteral vitamin B<sub>12</sub>

**Cardiovascular:** [Pulmonary edema](#) and [congestive heart failure](#) early in treatment; peripheral vascular thrombosis.

**Hematological:** [Polycythemia vera](#)

**Gastrointestinal:** Mild transient [diarrhea](#)

**Dermatological:** [Itching](#); transitory exanthema

**Miscellaneous:** Feeling of swelling of entire body

Do not use with Chloramphenicol (an antibiotic). Vitamin B12 is important for producing new blood cells. Chloramphenicol might decrease new blood cells. Taking chloramphenicol for a long time might decrease the effects of vitamin B12 on new blood cells. But most people only take chloramphenicol for a short time so this interaction isn't a big problem.

I have discussed the use of Vitamin B12 with my health care provider and understand the possible side effects.

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