

# If People Were Meant To Be Vegetarians, Why Is Critical B12 Only Found In Animal Foods?



Vitamin B12 is essential for healthy brain development and function. B12 deficiency is no joke — here's what the Mayo Clinic has to say:

*"Studies have shown that a deficiency of vitamin B12 can lead to abnormal mental symptoms. These symptoms may include ataxia (shaky movements and unsteady gait), muscle weakness, spasticity (stiff or rigid muscles), incontinence (lack of bladder and/or bowel control), hypotension (low blood pressure), vision problems, dementia, psychoses (abnormal condition of the mind), and mood disturbances."*

*Make the smart choice – a balanced diet that includes naturally rich sources of B12 – and a whole lot more to keep you strong and healthy.*

**Naturally Nutritious Meat: The Sensible Choice.**

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