

Examples of vegan sources of B12:

The easiest way to meet your B12 requirements is by taking a supplement. Here are a couple of options for vegan B12 supplements from Australian websites (there are many other options available online too):

http://www.crueltyfreeshop.com.au/products/freeda-b12-50mcg-lozenges.html?page_context=search&faceted_search=0



<http://www.uproar.org.au/uproar-shop/>

Vitamin B12 (Sublingual) by Deva

Vitamin B12 is a water-soluble vitamin that is stored in the liver. It is an especially important vitamin for maintaining healthy nerve cells and it aids in the production of DNA and RNA. Cell division and blood formation does not occur without Vitamin B-12. It is of special interest to vegetarians and vegans since it is not found in any significant amounts in plant foods.

Vitamin B12 - 1,000mcg (1666% daily value)
Vitamin B6 - 2mg (100% daily value)
Folic Acid - 400mcg (100% daily value)

More info

\$13.50

Add to Cart



Another option to meet your B12 requirements is through vegan foods and drinks that are fortified with B12.

Some Vitasoy soy milks contain 50% of your required daily B12 per serve (check the label):



Most Sanitarium soy milk contains 50% of your required daily B12 per serve (check the label):



There are many other vegan products out there that are fortified with B12 – check the labels of the products you buy. If you are relying on fortified foods/drinks, make sure you are getting an average of approximately 100% of your daily requirements of B12. The product labels say what proportion of your required B12 are in the products per serve.

Lotus Savoury Yeast Flakes contain 400% of your required daily B12 per serve.



Sanitarium “mock meats” also contain substantial amounts of B12:



If you don't get enough B12 in your diet through what you eat and drink, take a supplement to “top up” your B12 levels.