

About This Test

Vitamin B12, also known as Cobalamin, is an important vitamin for many bodily functions, such as brain health, blood cell production, and proper nerve functioning. The main sources of vitamin B12 are meat, fish, eggs, and dairy products.

Nutritional and macrocytic anemias can be caused by a deficiency of vitamin B12. This deficiency can result from diets devoid of meat and bacterial products, from alcoholism, or from structural/functional damage to digestive or absorptive processes (forms of pernicious anemia). Malabsorption is the major cause of this deficiency through pancreatic deficiency, gastric atrophy or gastrectomy, intestinal damage, loss of intestinal vitamin B12 binding protein (intrinsic factor), production of autoantibodies directed against intrinsic factors, or related causes.

The B12 vitamin is necessary for normal metabolism, DNA synthesis, and red blood cell regeneration. Untreated deficiencies will lead to megaloblastic anemia, and vitamin B12 deficiency results in irreversible central nervous system degeneration. Vitamin B12 or folate are both of diagnostic importance for the recognition of vitamin B12 or folate deficiency, especially in the context of the differential diagnosis of megaloblastic anemia.

What Should I Do With My Results?

A normal B12 result would indicate that you do not have a B12 deficiency.

An elevated abnormal result may indicate: Liver and kidney diseases as well as certain types of bone marrow disorders.

A low abnormal result may indicate: Gastrointestinal disorders such as atrophic gastritis, Crohn's disease, or celiac disease. It may also be due to other autoimmune diseases, alcohol misuse, some medications, and diet.

If you have questions about your results, consult your health care provider. There could be several reasons for abnormal results.

Test Information

Vitamin B12 is performed via electrochemiluminescence immunoassay "ECLIA".



VITAMIN B12

How Do I Obtain My Results?

Results are available through our online patient portal, My Labs NowSM. Visit www.compunetlab.com to sign in or setup an account. Or text MYLABS to 66349. Follow The signup link in the text message you receive. Please be sure your name exactly matches the name on your lab test order. Contact help@luminatehealth.com if you need assistance. CompuNet is unable to provide verbal results to patients.

I Do Not Have a Regular Doctor. Where Can I Find One?

If you do not have a doctor, we recommend the following resources to locate one:

Premier Health Find a Doctor

(937) 684-4155 or 1-855-PREMIER
www.premierhealth.com/findadoc

WebMD Care

www.doctor.webmd.com

CompuNet DIRECT is direct access, preventative testing intended for education purposes. A CompuNet DIRECT lab test result is not a medical diagnosis and is not intended as a form of medical advice. Only a physician can interpret lab test results and diagnose a medical condition or disease.

Because tests have not been ordered by a physician, third-party entities, including Medicare and Medicaid, will not reimburse for these tests.