B Sharp

December 1, 2008 By Staff

Vitamin B-12 enjoyed another shining moment in the spotlight when a small study published in the September issue of *Neurology* linked low blood levels of the vitamin to quicker loss of brain mass (and function) in older people. Many positive people already take B-12—in pills or shots—for extra energy and other benefits. For best results, get B-12 from meals as well as supplements. Add these foods rich in B-12 to your shopping list:

- shellfish—especially clams, mussels, crabs and oysters
- beef liver
- fortified breakfast cereals
- fish—especially trout, sockeye salmon, haddock, herring, sardines, mackerel and canned tuna
- sirloin steak and hamburgers
- yogurt
- soy-based meat substitutes

© 2026 Smart + Strong All Rights Reserved.

http://beta.docker.poz.com/article/vitamin-brain-health-15652-3526