

Dr. Crowley's Farmacy

Vitamin B12

Plays an essential role in red blood cell formation
Supports brain function and nervous system health
Impacts energy levels, improves mood & prevents major birth issues

The following foods are a great source of Vitamin B12

Fish:

Clams 3 oz serving 84 Mcg
King Crab 3 legs 46.2 Mcg
Mackerel, cooked 6 oz 32 Mcg
Tuna 6 oz fillet 18.5 Mcg
Canned sardines 1 cup 13.3 Mcg
Trout, cooked 1 fillet 9 Mcg
Snapper, cooked 1 fillet 6 Mcg
Bass, cooked 6 oz fillet 5.5 Mcg
Salmon, cooked 3 oz 4.7 Mcg
Whitefish, smoked 1 cup 4.4 Mcg
Catfish, cooked 1 fillet 4.1 Mcg
Haddock, cooked 1 fillet 3.2 Mcg
Cod, cooked 1 fillet 3.16 Mcg

Beef & Lamb:

Beef skirt steak 6 oz 12.8 Mcg
Beef flank steak 6oz 5.8 Mcg
Ground beef patty 6 oz 407 Mcg
Lamb shoulder 6 oz 4.5 Mcg

Chicken:

Chicken liver, cooked 3 oz 14.1 Mcg
Ground lean turkey 3 oz 1.6 Mcg
Roasted turkey 3 oz 0.8 Mcg
Roasted chicken breast 3 oz 0.3 Mcg

Dairy:

Skim milk 1 cup 1.43 Mcg
Whole milk 1 cup 1.34 Mcg
Low fat yogurt 8 oz 1.2 Mcg
Swiss cheese 1 oz 0.9 Mcg
Hard boiled egg 0.6 Mcg

"Let food be thy medicine and medicine be thy food" Hippocrates