

吕颖坚,黄俊明.维生素B<sub>12</sub>的研究进展[J].中国食品卫生杂志,2012,24(4):394-399.

## 维生素B<sub>12</sub>的研究进展

### Progress on the studies of vitamin B<sub>12</sub>

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**中文关键词:** [维生素B12](#) [维生素B12缺乏](#) [营养强化](#) [推荐摄入量](#)

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中文摘要:

本文对维生素B<sub>12</sub>的吸收与代谢、缺乏原因及疾病、营养水平鉴定、人群维生素B<sub>12</sub>营养状况、食物强化的研究进展进行了综述,以期提高对维生素B<sub>12</sub>的认识和重视、为解决维生素B<sub>12</sub>缺乏人群的健康问题提供参考。

**Abstract:**

In order to improve the awareness and attention on the importance of vitamin B<sub>12</sub> and to provide reference for solving problems of vitamin B<sub>12</sub> deficiency, this review concentrates on five aspects of studies on vitamin B<sub>12</sub>: absorption and metabolism of vitamin B<sub>12</sub>; cause/outcome of deficiency; biomarkers and their application; vitamin B<sub>12</sub> status; and supplementation and fortification.

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