Our Ref:

Date: <Today's date>

**PRIVATE & CONFIDENTIAL**

<Patient Name>

<Patient Address>

Dear <Patient Name>,

I am glad to inform your Vitamin B12 blood tests show your levels are normal.

*Your level was <Numerics>*

*(normal levels are between 180 and 915)*

Extra blood tests also confirm your gut should be able to absorb Vitamin B12 from a balanced diet.

You can stop the Vitamin B12 injections.

Try to make sure you are getting enough B12 by eating a varied and healthy diet. Foods that are rich in vitamin B12 include meat, fish, milk, cheese, eggs, and, for those who are vegetarians\*, it is also available in some fortified breakfast cereals and soya products.

Most patients do not require vitamin B12 supplementation, as dietary changes are adequate. If you would prefer to continue with B12 supplementation vitamin B12 tablets (cyanocobalamin) are easily and cheaply available from health food shops, pharmacies or online. A standard dose of 100mcg (sometimes written as 100ug) daily is advised to replace a dietary lack of B12. Buying dietary supplements rather than receiving on prescription is recommended by NHS England and local guidance.

You can book a blood test in 6 months to ensure the B12 levels remains normal. Please bring this letter with you and ask the nurse to take a blood test for Vitamin B12 levels.

If you feel that your clinical situation does warrant continuing with vitamin B12 injections, please book an appointment with your GP to discuss further.

\*Note: the latest scientific evidence suggests vegans should take long-life oral B12 supplements. If you are vegan, please purchase and take vitamin B12 tablets over the counter (cyanocobalamin 50micrograms once-twice a day).

Kind regards,

<Sender Name>