

**Pregnant women need Vitamin B12.**

If you don't get enough Vitamin B12, you could get Vitamin B12 anemia. When you don't get enough Vitamin B12, it can damage your nervous system.

Vitamin B12 is found in animal foods— like meat, milk, or eggs. If you don't eat these foods, talk to your health care provider. You may need more Vitamin B12.

**How Can I Get More Vitamin B12?**

- Eat animal foods like milk, cheese, eggs, or meat.
- Eat soy foods, like tofu, fortified with Vitamin B12. Read the label.
- Try brewers yeast with B12, such as Red Star®.
- Ask your health care provider if you should take B12 pills or shots.

