


B12: THE VITAMIN OF COMPASSION

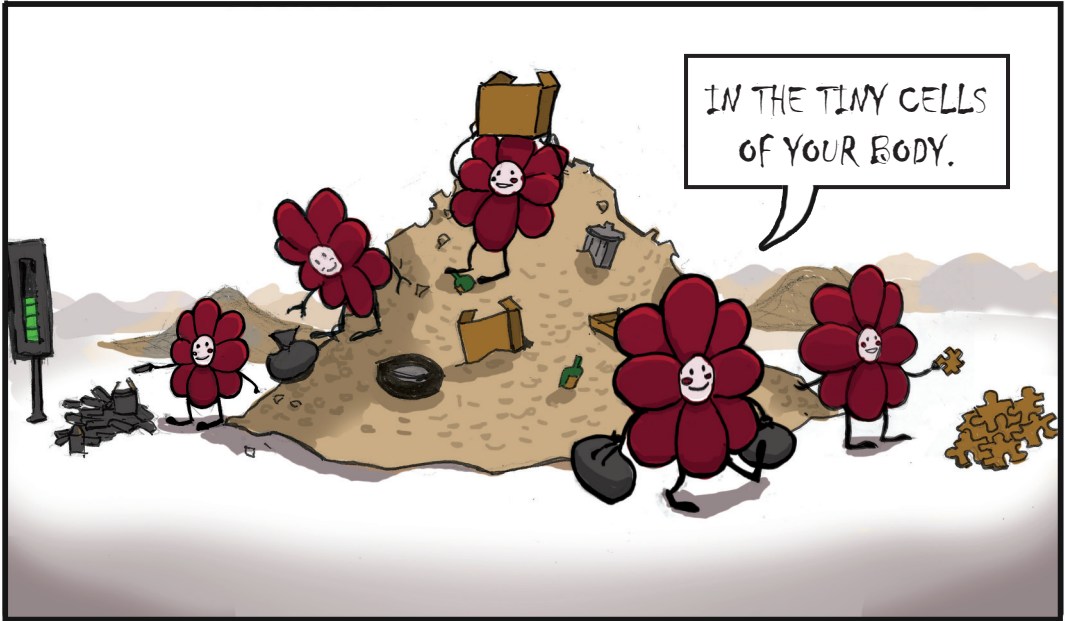


HI THERE!
MY NAME'S CORRIN.*
I'M VITAMIN B12.

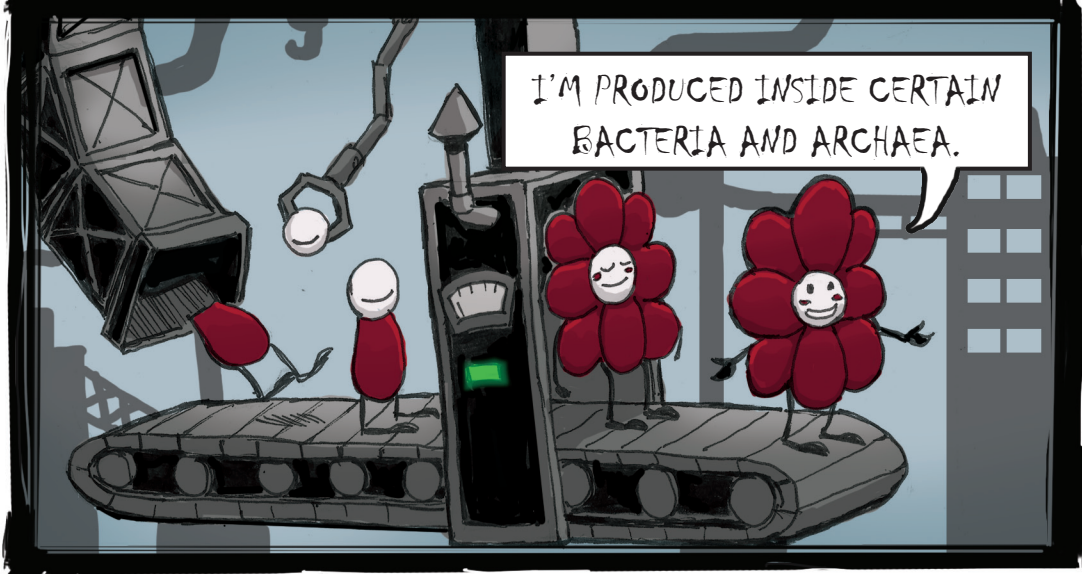


I RECYCLE TWO
TOXIC WASTES...

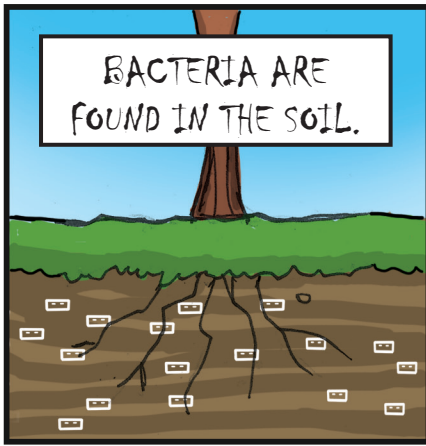
*CORRIN: THE CORE OF THE B12 MOLECULE.



IN THE TINY CELLS
OF YOUR BODY.



I'M PRODUCED INSIDE CERTAIN BACTERIA AND ARCHAEA.

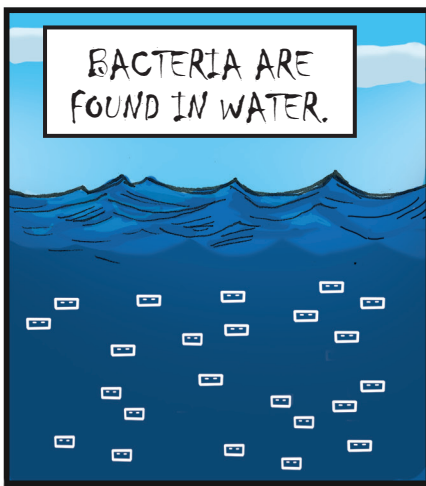


BACTERIA ARE FOUND IN THE SOIL.



BUT YOU'D HAVE TO EAT 3 TO 6 KG A DAY TO GET ENOUGH B12!

☠ RISK OF DEATH



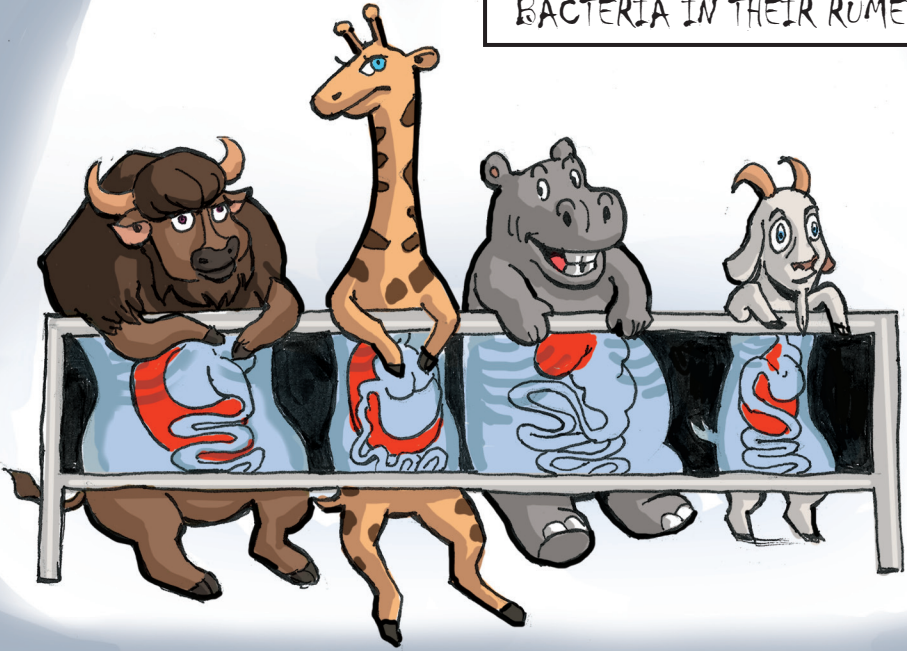
BACTERIA ARE FOUND IN WATER.



BUT YOU'D HAVE TO DRINK 100 LITRES A DAY TO GET ENOUGH B12!

☠ RISK OF DEATH

SOME ANIMALS GROW BACTERIA IN THEIR RUMEN.



SOME ANIMALS GROW BACTERIA IN THEIR VERY LARGE CAECUM...



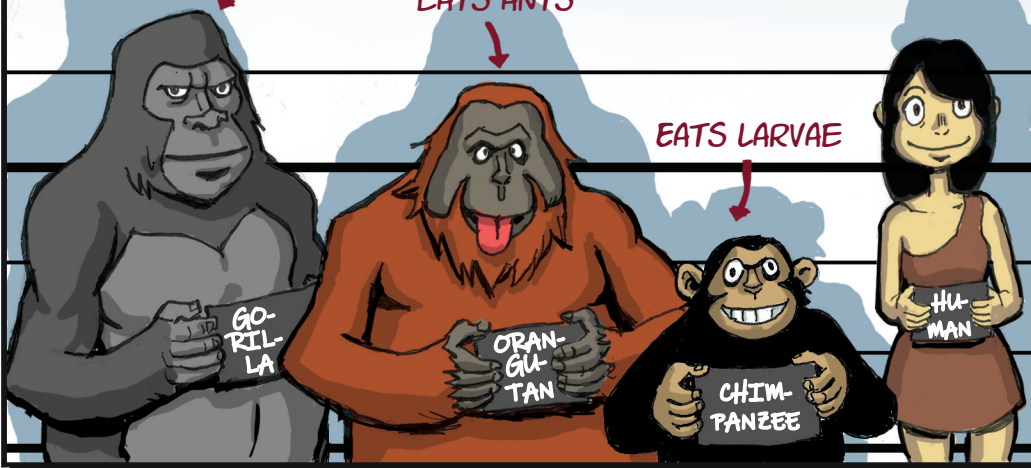
AND EAT THE DROPPINGS THAT COME OUT OF IT!

HOMINIDS HAVEN'T GOT A RUMEN OR A LARGE CAECUM...
THEY EAT TINY ANIMALS TO GET B12!

EATS TERMITES

EATS ANTS

EATS LARVAE



LARGE PREDATORS DEVOUR LOADS
OF CUTE ANIMALS CONTAINING B12!

WANTED



FOR THE MURDER
OF RABBITS, GIRAFFES,
HIPPOS...

WANTED



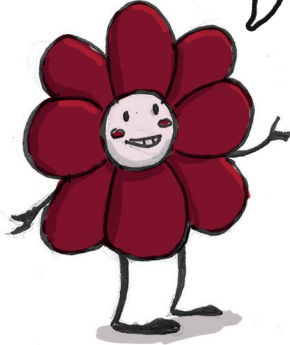
FOR THE MURDER
OF BUFFALO, DEER,
MONKEYS...

WANTED



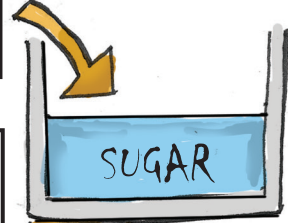
FOR THE MURDER
OF GROUNDHOGS,
SALMON, BISON...

BUT B12 GROWN IN BACTERIAL CULTURES HAS BEEN AROUND SINCE 1947!

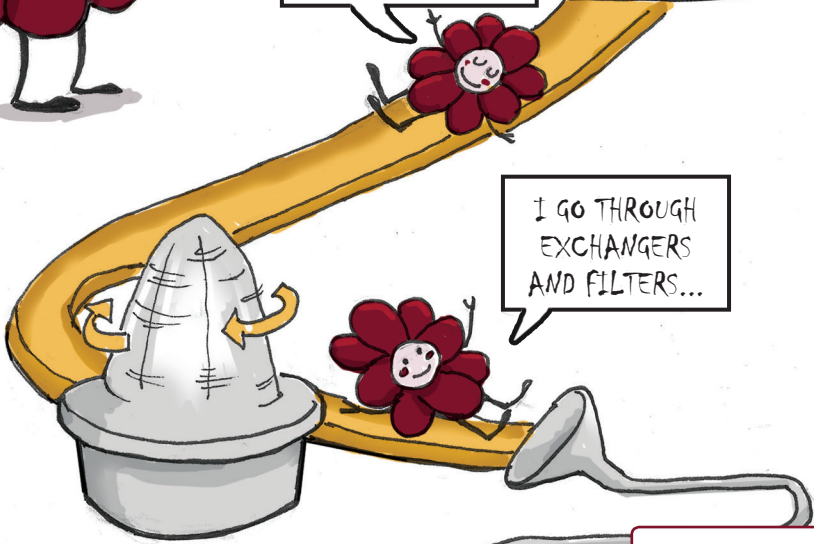


THE BACTERIA THAT MAKE ME ARE GROWN IN A TANK.

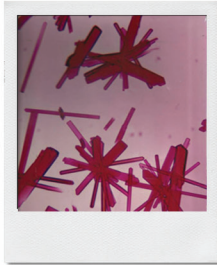
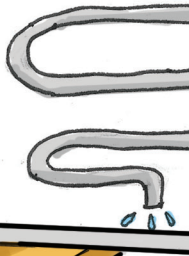
NEXT, I HEAD FOR THE CENTRIFUGE.



I GO THROUGH EXCHANGERS AND FILTERS...



AND NOW I'M OFF TO THE CRYSTALLISER!



HERE I AM, PURIFIED AND READY TO GO IN SUPPLEMENTS!



"Vitamin B12 is considered to present no risk of toxicity" (AFSSA).

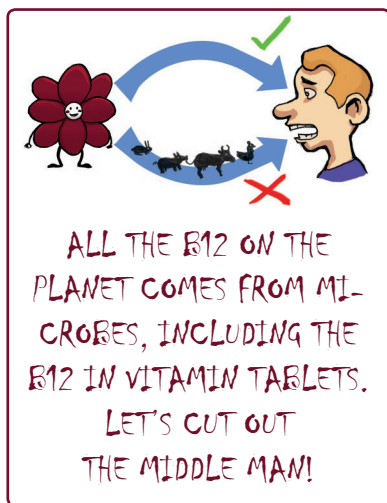
"There are no adverse effects known for vitamin B12 from foods, or from supplements in amounts far in excess of needs" (EFSA).

"On the basis of the review of data involving high-dose intakes of B12, there appear to be essentially no risks of adverse effects to the general population" (IOM).

"Intake of 1 000 µg vitamin B12 has never been reported to have any side-effects." (WHO)

B12 is the only essential nutrient that is not found in plant-based foods. But it can be obtained direct from its original source, bacteria, and this also makes it possible to short-circuit livestock and the production of food from animals. Vegans must take a B12 supplement and can choose one of the following:

- either 1 µg (microgram) three times a day;
- or 10 µg once a day;
- or 2,000 µg once a week;
- or 5,000 µg once every two weeks (a cost-effective solution).

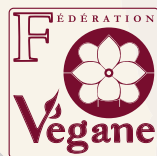


Each of these options provides enough B12 to meet an adult's needs. For babies between 6 and 24 months, divide these doses by four. For children from 2 to 12 years, divide them by two. Beginning at the age of 12, adult doses should be taken. Since children may choke when trying to swallow a tablet, crush the tablet into a powder and mix it into a drink or look for chewable tablets. Cyanocobalamin is the most stable, most extensively studied and least expensive form of B12.

Choosing vegan products is the only way to avoid contributing to the suffering inflicted on farmed animals and also spares the greatest number of living organisms.

This leaflet has been produced by the Fédération végane in order to protect the health of people who choose a vegan diet (www.federationvegane.org). It does not take the place of medical advice. There are several ways in which you can help to spread the word about vegan consum'action:

- Everyone can take part in this type of consum'action.
- Not enough data on vegans is available to health bodies to change public policies. If you wish to take action as vegan, you should take part in the nutritional studies organized by bodies in your country.
- Disseminating the information on health in this leaflet helps to spread the word about vegan consum'action.



LOGO

A space has been left for the logo of vegan groups and organizations who want to print and distribute this document (please contact us to embed your logo: info@federationvegane.org).

**Passing this document on after reading it saves valuable resources.
The sale of this document is strictly prohibited. Please do not drop litter!**