

# Testing

**\*\*THERE IS NO TEST THAT CAN DETECT WHAT B12 YOUR BODY HAS AT A CELLULAR LEVEL FOR YOUR BODY TO UTILISE \*\***

**1st line testing:** FBC (full blood count), serum B12, serum folate, ferritin (iron), thyroid tests. A vitamin D (25 (OH) vitamin D) test is highly recommend as it is not uncommon for many to be both vitamin B12 and vitamin D deficient because they share a common receptor site called cubilin in the ileal section of the digestive tract.

**2nd line testing:** Active B12 test (holo TC), Serum MMA, Urinary MMA, Homocysteine, Intrinsic Factor Antibodies (GIFA) , Parietal Cell Antibodies (GPCA).

**Active B12 test info** - <https://www.active-b12.com/what-is-active-b12/#> *\*(we recommend that you are clear of any B12 supplements, including energy drinks that contain B12, for at least 4 months before testing).*

**MMA Serum test info:** <https://labtestsonline.org.uk/tests/methylmalonic-acid> *\*(we recommend that you are clear of any B12 supplements, including energy drinks that contain B12, for at least 4 months before testing).*

**MMA Urine test info** - <https://www.b12-vitamin.com/urine-test/> *\*(we recommend that you are clear of any B12 supplements, including energy drinks that contain B12, for at least 4 months before testing).*

**Homocysteine test info** - <https://labtestsonline.org.uk/tests/homocysteine> *\*(we recommend that you are clear of any B12 supplements, including energy drinks that contain B12, for at least 4 months before testing).*

**Intrinsic Factor Antibodies (GIFA) test info** - <http://www.viapath.co.uk/our-tests/intrinsic-factor-antibody> *\*(we recommend that you are clear of any B12 supplements, including energy drinks that contain B12, for at least 2 weeks before testing).*

**Parietal Cell Antibody (GPCA) test info** - <http://www.viapath.co.uk/our-tests/gastric-parietal-cell-antibody> *\*(we recommend that you are clear of any B12 supplements, including energy drinks that contain B12, for at least 2 weeks before testing).*

**<https://www.facebook.com/notes/vitamin-b12-wake-up/tests-to-investigate-b12-deficiency/371447947141729/>**