



## Abstract

**Introduction:** Vitamin B12 and Folic acid (FA) deficiency is considered as a public health problem. The reasons for this condition are the varying dietary habits. The main reasons for vitamin B12 and FA deficiency are nutritional deficiencies. Vitamin B12 is also called as Cyanocobalamin. It is essential in enzymatic reactions like conversion of Homocysteine to Methionine and Methylmalonyl Co-A to SuccinylCo-A. Cobalamin deficiency results in accumulation of branched chain fatty acids in cell membranes. When accumulated in neurons, causes neurological manifestations. Folic Acid is also called as Vitamin B9, has a role in one carbon metabolism. Vegetarians and vegans must take special care to consume enough fortified food with Vitamin B12 and folic acid as it is mainly found in meat, egg and dairy products. Normal values of the Vitamin B12 are 180-900 pg/ml. Normal values of Folic acid are 5 - 20ng/ml. In this study we want to estimate and compare Vitamin B12 and folic acid levels among vegetarian and non-vegetarian medical students.

**Materials and Method:** The present Study was conducted after taking Ethical Committee approval. A written Consent form abnormal and 10.4% of vegetarian's student's vitamin B12 values are normal. 96.2% of non-vegetarians students vitamin B12 values are abnormal and 3.8% of nonvegetarian's student's vitamin B12 values are normal. 56.3% of vegetarian's students FA values are abnormal and 43.8% of vegetarian's students FA values are normal. 65.4% of non-vegetarians students FA values are abnormal and 34.6% of nonvegetarians students FA values are normal.

**Conclusion:** This study concludes that vegetarians and non-vegetarians are at risk m Mv Å

**Keywords:** VitaminB12; Folic acid

## Introduction

Nutritional status in medical students needs attention. Vitamins, as nutrients play a key role in maintaining the health of an individual

## **Materials and Method**

The present study was conducted after taking approval from the institutional ethical committee. Consent form was taken from the

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