



OXFORD BIOSCIENCES

Safety Assessment, Analysis, Research & Testing

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Resources – Vitamin B12

There are plenty of resources to help you learn more about vitamin B₁₂ deficiency and to support you in your quest for better healthcare.

Organisations

Pernicious Anaemia Society Twitter: <https://twitter.com/PASOC>

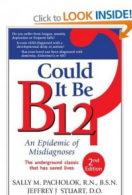
B12 Deficiency Support Group Twitter: <https://twitter.com/b12d>

B12 Deficiency Info

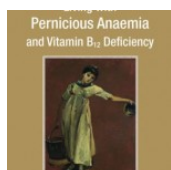
www.active-b12.com

Books

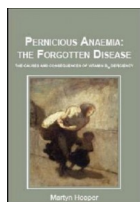
Books are always invaluable educational resources. The ones below are particularly excellent.



[Could it be B12?: An Epidemic of Misdiagnoses](#) - by Sally M. Pacholok

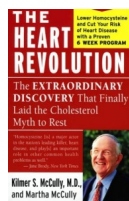
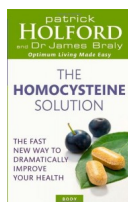


[Living with Pernicious Anaemia and Vitamin B12 Deficiency](#) - by Martyn Hooper



[Pernicious Anaemia: the Forgotten Disease: The Causes and Consequences of Vitamin B12 Deficiency](#) - by Martyn Hooper

[The Homocysteine Solution](#) – by Patrick Holford



[The Heart Revolution](#) – by Dr. Kilmer McNully

Supplements

[Thorne Research](#) – oral vitamin supplements. In our opinion these are the most bioavailable, with the most rigorous scientific research backing up their formulations. They are available in the UK.