

Cobalt

Facts:

- ◆ Cobalt is a trace mineral that is an integral part of vitamin B-12. As such, the functions of cobalt are essentially the same as B-12.¹
- ◆ Cobalt is primarily stored in the liver with decreasing amounts found in the spleen, kidneys and pancreas.
- ◆ Blood cobalt concentrations typically range from 80 micrograms per milliliter (mcg/ml) to 300 mcg/ml.

Functions:

- ◆ Cobalt activates a number of enzymes within the body. It plays a key role in the proper functioning and promotes the formation and maintenance of red blood cells in addition to all other cells.¹
- ◆ Cobalt can replace zinc and manganese in the activation of several enzymes.

Requirements:

There is no recommended dietary allowance (RDA). The average daily intake is approximately 5 to 8 mcg.

Signs of Deficiency:

According to the *Nutrition Almanac*, “A deficiency of cobalt may be responsible for the symptoms of pernicious anemia and a slow rate of growth.”¹

Signs of Toxicity:

Symptoms include: paleness, fatigue, diarrhea, heart palpitations and numbness in the fingers and toes.¹

References:

1. Dunne, L.J. In *Nutrition Almanac* (3rd ed., pp.71) New York, NY: McGraw-Hill Publishing Company.