<u>Disclaimer</u>: I am not a qualified health practitioner. You should always consult a qualified health practitioner if you are sick. Opinions expressed on this website are my own or come from my own experience or research

Cobalt

The only known nutritional, but very vital, function of cobalt is as an integral part of vitamin B-12. Because all vitamin B-12 is derived from bacterial synthesis, organic cobalt is considered essential.