

Vitamin B12 Dosing Chart

An essential B vitamin given by injection for deficiency. Not a peptide; well established for treating true deficiency. Commonly discussed doses: 1 mg–5 mg. Injectable B12 is dosed in micrograms (typically 1,000 mcg) on a schedule set by a clinician for documented deficiency. Figures shown are reference points in micrograms.

thelastpeptide.com · Medically reviewed by Charles Maddix, MSN, APRN, PMHNP-BC · Last reviewed 2026-08-02

FDA STATUS

Vitamin B12 is an essential nutrient. Injectable B12 is an FDA-approved prescription treatment for deficiency; oral forms are dietary supplements. It is not approved for general energy or weight-loss claims.

1 mg vial — units to draw (U-100 syringe)

Water added	mg/mL	1 mg	5 mg
1 mL	1	100 u	—
2 mL	0.5	—	—
3 mL	0.33	—	—

10 mg vial — units to draw (U-100 syringe)

Water added	mg/mL	1 mg	5 mg
1 mL	10	10 u	50 u
2 mL	5	20 u	100 u
3 mL	3.33	30 u	—

30 mg vial — units to draw (U-100 syringe)

Water added	mg/mL	1 mg	5 mg
1 mL	30	3.3 u	16.7 u
2 mL	15	6.7 u	33.3 u
3 mL	10	10 u	50 u

"—" means the draw exceeds one syringe at that concentration. Interactive calculator for any combination: thelastpeptide.com/peptides/vitamin-b12

Vitamin B12 dose figures are commonly discussed reference information with no approved labeling unless stated above. The Last Peptide is an educational reference and sells nothing. Dosing figures shown here are commonly discussed reference information, not prescriptions or medical advice. Many peptides listed are not FDA-approved. Talk to a licensed clinician before using any peptide.