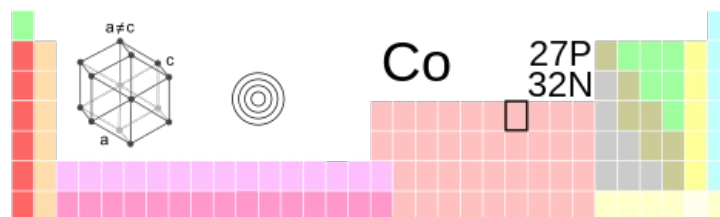


# Cobalt

- Component B12, is mainly in leafy vegetables, in the liver;
- has a direct role in the formation of EPO, inhibits oxidation in the bone marrow → after administration of Co – polycythemia;
- deficiency symptoms – anemia, weight loss, fatigue, loss of appetite, growth retardation.
- **Toxicity**
  - polycythemia, thyroid hyperplasia, congestive heart failure;
  - previously, Co was put into beer for foaming – after prolonged consumption of KMP.



Cobalt in the periodic table of elements

## Links

### Related articles

- Trace elements

### Reference

### References

- BENCKO, Vladimír. *Hygiena – učební texty k seminářům a praktickým cvičením*. 2. edition. Univerzita Karlova, 2002. 204 pp. ISBN 80-7184-551-5.
- SCHNEIDERKA, Petr. *Kapitoly z klinické biochemie*. 2. edition. Karolinum, 2004. ISBN 80-246-0678-X.