

# COBALT BIOESSENTIALITY

Cobalt is found at the center of vitamin B12, essential for plants, animals and humans well-being. It is also essential in a wide number of medical applications

## Do you know why is cobalt so important?



Cobalt is a bioessential element

key for humans in the form of vitamin B12

It is vital for healthy blood cell formation

and neurological health



It is only present

in animal-derived foods such as eggs, milk and meat

Prosthetics alloys such as knees, hips

and dental implants contain cobalt

Cobalt is also used in advanced medical innovations

including the creation of biomolecules

# Further evidence of the relevance of cobalt

Cobalt is used in the sterilization

of medical equipment



Magnetic resonance imaging



is another important application of cobalt



It is required for the brain and nervous function

and energy metabolism

Cobalt is vital

for microbial, plant and animal growth

## Do you want to know more about cobalt?



*Promoting the sustainable and responsible use of cobalt in all forms*

Contact us:



18 Jeffries Passage,  
GU1 4AP,  
Guildford, UK

[www.cobaltinstitute.org](http://www.cobaltinstitute.org)

[CI@cobaltinstitute.org](mailto:CI@cobaltinstitute.org)



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