B12
Methylcobalamin
Biologically Active Form of B12
15 mg

Product Summary
Methylcobalamin (Methyl-B12) is one of two biologically active forms of vitamin B12, and a direct cofactor for the two B12-dependent enzymes, methionine synthase and methylmalonyl-CoA mutase. This contrasts with the most common supplemental form of B12, cyanocobalamin, which is synthetically derived and without direct biological activity unless converted to an active form. The forms also have differing physiological effects; individuals with renal failure given Methyl-B12 but not cyanocobalamin show reductions in both homocysteine and asymmetric dimethylarginine, perhaps due to cyanide accumulation with cyanocobalamin therapy. Methyl-B12 is also the principal circulating form of B12, and the one transported into peripheral tissue.

Oral B12 therapy has been shown to have clinical effectiveness for a number of conditions, including diabetic neuropathy, pernicious anemia, Crohn’s disease, hyperhomocysteinemia, and has improved arterial function in those with suboptimal B12 status. Additionally, B12 has shown effectiveness with normal serum levels, as demonstrated by sublingual B12 versus placebo in patients with recurrent apthous stomatitis. Similarly, combined with other B vitamins, B12 has been shown to reduce depression, macular degeneration, migraine disability and hyperhomocysteinemia, with effectiveness sometimes modulated by MTHFR status.

Unique Features
• Provides 15 mg per tablet, a highly potent dose of vitamin B12
• Formulated exclusively with methylcobalamin, the biologically active form of B12 with superior physiological benefit and tissue retention compared to cyanocobalamin
• Available as sublingual tablets for easy and rapid delivery
• Plant-based tablet makes this a suitable form of B12 for vegetarians
Supplement Facts

Serving Size: 1 sublingual tablet
Servings per Container: 60

Each Tablet Contains:
Vitamin B12 (Methylcobalamin) ...............................................................................................................................................15 mg

Non-medicinal Ingredients: Mannitol, croscarmellose sodium, vegetable grade magnesium stearate (lubricant), natural cherry flavour.

Contains no artificial preservatives, colours or sweeteners and no dairy, soy, wheat or yeast. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

Recommended Adult Dose: 1 tablet per day or as directed by a health care practitioner. Dissolve under the tongue.

Recommended Use: Helps form red blood cells, prevent vitamin B12 deficiency and maintain good health. Methylcobalamin is the form of vitamin B12 that is active in the central nervous system. The liver may not convert cyanocobalamin, the common supplemental form of vitamin B12, into adequate amounts of methylcobalamin needed for proper neuronal functioning. The sublingual tablets dissolve quickly and easily under the tongue for quick absorption into the bloodstream.

Vitamin B12 supplementation is of particular importance to vegetarians and those suffering from vitamin B12 deficiency.

Contraindication: Consult a health care practitioner if you are pregnant or breastfeeding. Relatively few contraindications exist for B12 therapy, although use following coronary stenting should be avoided.13 Keep out of reach of children.

Drug Interactions: Although several classes of drugs, such as aminoglycosides, anticonvulsants, bile acid sequestrants, and proton pump inhibitors, antihyperglycemic medications (metformin), acne therapy (isotretinoin) are known to either interfere with B12 absorption or function, there are no known negative interactions caused by B12 supplementation with any medications.14,15,16,17 Metformin has been shown to decrease B12 and folate, and supplementation with B12 only in diabetics may be preferable.18

References: