



# B12 Methylcobalamin

Biologically Active Form of B12 · 1000 mcg

- Methylcobalamin is the active form of vitamin B12 for maximum benefit
- Superior bioavailability to the more common form, cyanocobalamin, which does not convert to enough methylcobalamin to correct some forms of anemia, neurological defects and aging
- Lowers homocysteine levels for protective cardiovascular benefits
- Sublingual tablets allow for fast acting delivery system directly into blood stream

**Code:** 9420 **NPN:** 80026765  
**Size:** 60 Sublingual Tablets  
**Actual Size:** 7.9 mm x 4.1 mm



## PRODUCT SUMMARY

Vitamin B12 is the cofactor in enzymatic reactions with diverse physiological functions. It is required for the conversion of methylmalonyl-CoA to succinyl-CoA, as well as for the conversion of homocysteine to methionine by methionine synthase, which is then converted into S-adenosylmethionine. A B12 deficiency causes impairments in both of these pathways, disrupting neurological function, including poor formation of myelin nerve sheaths, production of toxic levels of homocysteine, and inefficient energy production in all cells. Methylcobalamin, the principal circulating form of B12 and the one transported into peripheral tissues, has been shown to not only reduce homocysteine, but also to reduce inflammatory factors and the volume of carotid artery plaques among stroke patients, as well as pain, and neuropathy among diabetics.

Cobalamin is also required to remove the methyl group from methyltetrahydrofolate and generate tetrahydrofolate, a necessary step in DNA synthesis. As a consequence, B12 deficiency affects the growth, function, and repair of all cells, the most apparent sign of which is megaloblastic anemia, caused by inhibited mitosis of red blood cells. Some individuals, especially those with malabsorption or low dietary intake, are at higher risks for a B12 deficiency. B12 in sublingual form, at a dose of 1000 mcg per day bypasses active absorption routes, and can restore normal B12 levels even in those with gastric bypass, pernicious anemia and/or impaired absorptive capacity, with greater effectiveness than even intramuscular injection.



## B12

### METHYLCOBALAMIN · BIOLOGICALLY ACTIVE FORM OF B12 · 1000 MCG

**Serving Size:** 1 Sublingual Tablet

**Servings Per Container:** 60

**Each Tablet Contains:**

Vitamin B12 (Methylcobalamin)..... 1000 mcg

**Non-medicinal Ingredients:** Lactose monohydrate, microcrystalline cellulose, croscarmellose sodium, vegetable grade magnesium stearate (lubricant).

**Recommended Adult Dose:** 1 tablet per day or as directed by a health care practitioner. Dissolve under the tongue. Keep out of reach of children.

**Recommended Use:** Helps the body metabolize carbohydrates, proteins, and fats. Helps form red blood cells, prevent vitamin B12 deficiency, and maintains 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:** Supplemental folic acid may mask a B12 deficiency, which should be ruled out. Folic acid, as well as increased potassium intake, is recommended with B12 therapy. B12 at this dosage is considered safe in pregnant and lactating women, and may be indicated in children with a low dietary intake.

**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 interfere with B12 absorption or function, there are no known negative interactions caused by B12 supplementation with any medications.

**Contains no artificial colours, preservatives, or sweeteners; no starch, sugar, wheat, gluten, yeast soy, corn, egg, fish, shellfish, salt, tree nuts, or GMOs. Suitable for vegetarians.** Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

References available at [bioclinicnaturals.com](http://bioclinicnaturals.com)



· GUARANTEED ·

Bioclinic Naturals® products are guaranteed to meet or exceed Good Manufacturing Practices (GMP) of the U.S. Food and Drug Administration (FDA), Health Canada, and the Therapeutic Goods Administration (TGA) of Australia.



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