

## Methylcobalamin

### 5 mg, 60 lozenges

Item Catalog Number: 00537

Vitamin B12 is present in foods of animal origin, including dairy products and eggs. Thus, vegetarians are more susceptible to a dietary deficiency of this important nutrient.<sup>212</sup> Likewise, vitamin B12 serum concentrations are reported to be significantly lower in elderly population groups compared to younger groups.<sup>213-216</sup> It is estimated that 10% to 30% of individuals over the age of 50 have low stomach acid secretion<sup>217,218</sup> which results in decreased bioavailability of vitamin B12 from food. To overcome food-bound vitamin B12 malabsorption problems, the Institute of Medicine recommends that vitamin B12-fortified foods (such as fortified ready-to-eat breakfast cereals) or supplements containing vitamin B12 be used to meet much of the requirement.<sup>219</sup> Vitamin B12, or cobalamin, works synergistically with vitamin B6 and folate to regenerate (methylate) the amino acid methionine, which helps to maintain already healthy homocysteine levels already within normal range, which is important for heart health.<sup>220,221</sup>

Methylcobalamin is the form of vitamin B12 active in the central nervous system. It is an active coenzyme of the vitamin B12 analogs that are essential for cell growth and replication. The liver may not convert cyanocobalamin, the common supplemental form of vitamin B12, into adequate amounts of methylcobalamin that the body may need for proper neuronal functioning.<sup>222,223</sup> Methyl-cobalamin may exert its neuroprotective effects through enhanced methylation, acceleration of nerve cell growth, or its ability to promote already healthy homocysteine levels within normal range.<sup>221-223</sup>

## References

### Supplement Facts

Serving Size 1 lozenge

Servings Per Container 60

#### Amount Per Serving

Vitamin B12 (as methylcobalamin)

5 mg

Other ingredients: sucrose, sorbitol, natural and artificial vanilla and caramel flavors, mannitol, croscarmellose sodium, stearic acid, vegetable stearate.

Contains corn.

This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, or rice. Contains NO artificial sweeteners.

## Dosage and Use

- Take one lozenge, one to eight times daily. Allow to dissolve in the mouth before swallowing.

## Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

## Related Keywords

Vitamin B12, Cell Growth, Neuronal Functioning

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