B12
Methylcobalamin
Biologically Active Form of B12
5000 mcg

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 the conversion of homocysteine to methionine by methionine synthase, which is then converted into S-adenosylmethionine.¹ 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.²

Because of its relationship to myelin production and neurological function, high dose B12 has been used in a variety of neurodegenerative diseases, including Parkinson’s disease, amyotrophic lateral sclerosis, and multiple sclerosis.³,⁴,⁵

Some individuals, especially those with malabsorption or low dietary intake, are at higher risks for a B12 deficiency. Individuals with impaired absorption of B12 rely on passive absorption, which is typically 1% of the ingested amount. Thus high doses are required for those with greater B12 needs, such as elderly individuals and those with neurodegenerative disorders.⁶,⁷

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

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Actual size: 7.9 mm x 4.1 mm
Feature: High potency, fast acting
Supplement Facts

Serving Size: 1 Sublingual Tablet
Servings per Container: 60

Each Tablet Contains:
Vitamin B12 (Methylcobalamin) .................................................................................................................. 5000 mcg

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

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.

Recommended Adult Dose: 1 tablet per day or as directed by a health care practitioner. Dissolve under the tongue. Consult a health care practitioner for use beyond 4 months.

Recommended Use: Helps to 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 prior to use if you are pregnant or breastfeeding. B12 is contraindicated in patients with hereditary optic neuropathy, and may be cautioned against high doses in oncology patients because of its role in DNA synthesis. Supplemental folic acid may mask a B12 deficiency, which should be ruled out, and folic acid and increased potassium intake is recommended with B12 therapy. Keep out of reach of children.

Drug Interactions: Although several classes of drugs, such as aminoglycosides, anticonvulsants, bile acid sequestrants, and proton pump inhibitors are known to either interfere with B12 absorption or function, there are no known negative interactions caused by B12 supplementation with any medications. B12 may enhance the function or reduce the adverse effects of several medication classes, such as SSRIs and oral contraceptives.12

References:


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