



B12 Deficiency: The Silent Epidemic

Who Needs Vitamin B12?

Causes of Vitamin B12 Deficiency

Shocking Statistics

Methylcobalamin vs Cyanocobalamin

Why is Sublingual Methylcobalamin Ideal?

Benefits of B12

Dosage

Sublingual B12 vs B12 injections

Folic acid + B12

Optimum B12F

Those who are at high risk for B12 deficiency:

- > 45 years and older
- > Elderly
- > Vegetarians and vegans*



The issue is often not so much about one's B12 intake but more about the inability to absorb vitamin B12 from food.



* Red meat is the main source of vitamin B12

Who Needs
Vitamin B12?

Causes of
Vitamin B12
Deficiency

Shocking Statistics

Methylcobalamin
vs
Cyanocobalamin

Why is Sublingual
Methylcobalamin
Ideal?

Benefits of B12

Dosage

Sublingual B12 vs
B12 injections

Folic acid + B12

Optimum B12F

Leading causes of vitamin B12 deficiency:

1) Certain medications: acid blockers
diabetic drugs



2) Specific factors including:

anemia

alcohol consumption

low stomach acid

digestion problems

Who Needs
Vitamin B12?

Causes of Vitamin
B12 Deficiency

Shocking
Statistics

Methylcobalamin
vs
Cyanocobalamin

Why is Sublingual
Methylcobalamin
Ideal?

Benefits of B12

Dosage

Sublingual B12 vs
B12 injections

Folic acid + B12

Optimum B12F

50% of adults are B12
deficient

1 in 2 adults have
dangerously low
levels of B12

Symptoms often go
undetected by
doctors and are
typically
misdiagnosed.



Who Needs Vitamin B12?

Causes of Vitamin B12 Deficiency

Shocking Statistics

Methylcobalamin vs Cyanocobalamin

Why is Sublingual Methylcobalamin Ideal?

Benefits of B12

Dosage

Sublingual B12 vs B12 injections

Folic acid + B12

Optimum B12F

Cyanocobalamin is the usual source of B12 in supplements. Needs intrinsic factors for absorption, but is often not present in daily vitamins.

Methylcobalamin is the biologically active form of B12 and is directly absorbed by the mucous membranes: mouth, nose, under the tongue. Ideal for oral sublingual absorption.



Who Needs
Vitamin B12?

Causes of Vitamin
B12 Deficiency

Shocking Statistics

Methylcobalamin
vs
Cyanocobalamin

Why is
Sublingual
Methylcobalam
in Ideal?

Benefits of B12

Dosage

Sublingual B12 vs
B12 injections

Folic acid + B12

Optimum B12F

- Methylcobalamin is the *biologically active* form of vitamin B12.
- In sublingual form, it is *directly absorbed* across the blood barrier into the bloodstream.
- Sublingually, all issues with *digestion and malabsorption are bypassed*.



Who Needs
Vitamin B12?

Causes of Vitamin
B12 Deficiency

Shocking Statistics

Methylcobalamin
vs
Cyanocobalamin

Why is Sublingual
Methylcobalamin
Ideal?

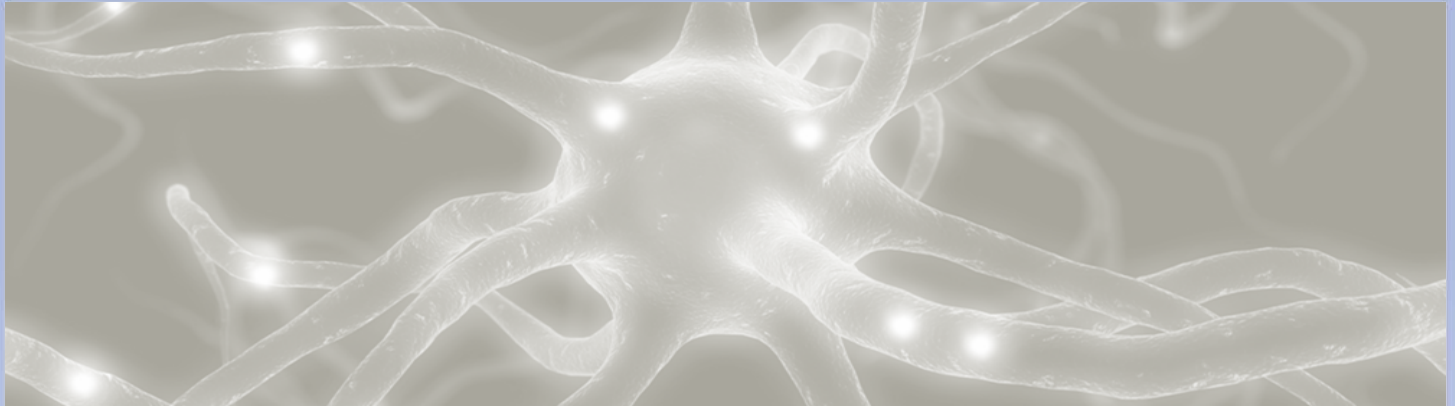
Benefits of B12

Dosage

Sublingual B12 vs
B12 injections

Folic acid + B12

Optimum B12F



Vitamin B12 is beneficial due to it being:

- A big protective vitamin
- An essential vitamin
- Integral for the nervous system and brain
- Prevents cognitive decline
- Protects peripheral nervous system in diabetics

Who Needs
Vitamin B12?

Causes of Vitamin
B12 Deficiency

Shocking Statistics

Methylcobalamin
vs
Cyanocobalamin

Why is Sublingual
Methylcobalamin
Ideal?

Benefits of B12

Dosage

Sublingual B12 vs
B12 injections

Folic acid + B12

Optimum B12F

- Minimum dosage of methylcobalamin is 1,000 mcg daily
- If a patient is therapeutically deficient, then up to 15,000 mcg daily.
- Optimum B12F is 5,000 mcg recommended daily until B12 stores are adequate, then daily maintenance dosage is 1 tablet three times weekly
- No issue with overdose, as this is a water soluble vitamin.



Who Needs
Vitamin B12?

Causes of Vitamin
B12 Deficiency

Shocking Statistics

Methylcobalamin
vs
Cyanocobalamin

Why is Sublingual
Methylcobalamin
Ideal?

Benefits of B12

Dosage

Sublingual B12
vs B12
injections

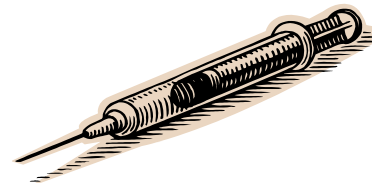
Folic acid + B12

Optimum B12F

o

Are B12 injections better than sublingual methylcobalamin B12?

- They both go straight into the bloodstream
- The effectiveness is the same!!



Who Needs
Vitamin B12?

Causes of Vitamin
B12 Deficiency

Shocking Statistics

Methylcobalamin
vs
Cyanocobalamin

Why is Sublingual
Methylcobalamin
Ideal?

Benefits of B12

Dosage

Sublingual B12 vs
B12 injections

Folic acid + B12

Optimum B12F



When folic acid is combined with vitamin B12, there are additional benefits...

- There are 2 types of anemia – a lack of folic acid will cover up a vitamin B12 deficiency
- Taking a supplement with folic acid and B12 will ensure a broad range of health benefits

Who Needs
Vitamin B12?

Causes of Vitamin
B12 Deficiency

Shocking Statistics

Methylcobalamin
vs
Cyanocobalamin

Why is Sublingual
Methylcobalamin
Ideal?

Benefits of B12

Dosage

Sublingual B12 vs
B12 injections

Folic acid + B12

Optimum B12F

Biomed's Optimum B12F is a nice formula...

- It dissolves quickly
- It has a delicious taste
- It has the benefit of folic acid combined with vitamin B12
- It is cost effective for patients
- It will address B12 and folic acid deficiencies: 5000 mcg of vitamin B12 (methylcobalamin) and 500 mcg of folic acid

