B12 Deficiency: The Silent Epidemic
Who Needs Vitamin B12?

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
Causes of Vitamin B12 Deficiency

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
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.
**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.
Why is Sublingual Methylcobalamin Ideal?

- 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.*
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
• 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.
Are B12 injections better than sublingual methylcobalamin B12?

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