

Why You Don't Want To Run Low on Vitamin B12 (Methylcobalamin)

Vitamin B12 is known as the “energy vitamin,” and it is essential for many critical functions in your body, including energy production, supporting your immune system, and helping to regulate the formation of red blood cells.* Recent studies from the US Framingham trial show that one in four adults in the US are deficient in this vitally important nutrient and nearly half of the population has suboptimal blood levels.

Not many know it, but if you or a family member experience:

- **Tiredness and feelings of weakness...**
- Less-than-optimal nervous system functioning...
- **Less-than-optimal eye health...**
- Loss of appetite and unintended weight loss...
- **Occasional constipation and gas...**
- Feelings of mild moodiness...
- **Less-than-optimal memory...**
- A tendency toward nervousness...
- **Less-than-optimal balance...**
- Less-than-optimal liver or heart health...
- **Premature grey hair...**
- Occasional digestive issues...

...you may need to supplement with vitamin B-12, even if you eat foods *rich* in B-12.

Vitamin B-12 is the most chemically complex of all the vitamins and is the general name for a group of essential biological compounds known as cobalamins. The cobalamins are similar to hemoglobin in the blood except instead of iron they contain cobalt.

Vitamin B-12 comes in many forms and not all forms are equally effective. The most common form is cyanocobalamin. It is cheaper and easier to manufacture. Unfortunately, the very common and inexpensive cyanocobalamin form is difficult for the body to absorb, and the small amount that is absorbed usually fails to find its way into the cells, where it can perform its intended task. As a result, many people who take large doses of cyanocobalamin, continue to be deficient in the vitamin. They often find themselves resorting to vitamin B-12 injections, which are available from a doctor by prescription only. Vitamin B12 deficiency caused by malabsorption is most common in elderly.

A simple alternative is to take the ***methylcobalmin form*** in the first place. Sublingual is first choice. Ward Drug can compound methylcobalamin in a dissolvable tablet form by prescription.

Methylcobalamin is active in the growth and protection of the nervous system. As we age Vitamin B12 in the methylcobalamin form, may help prevent Parkinson's disease and slow the progression of those who already have the disease.

Call 252-459-5544 to see if Prescription Vitamin B-12 is for you.

Submit your health question to ... “Ask The Pharmacist Naturally” at www.warddrug.com.

