



# Methylcobalamin (B12)

## Overview

Methylcobalamin is an active form of Vitamin B12. Vitamin B12 helps to utilize fats and carbohydrates for energy and make new proteins. Vitamin B12 is important in the maintenance of our metabolism, blood cells, and nerve function. Most people get enough vitamin B12 in their diet, but some need supplementation. Certain health conditions such as intestinal or stomach problems, poor nutrition, cancer, HIV, pregnancy, old age, veganism, and alcoholism can cause vitamin B12 deficiency. Low levels of vitamin B12 can lead to fatigue and anemia in milder cases. More serious B12 deficiencies have the potential to impair heart and neurological function, leading to a wide range of serious symptoms, including but not limited to tinnitus, severe joint pain, memory problems, depression, anxiety, poor muscle function, ataxia, and changes in reflexes. Infertility can also occur in individuals with insufficient B12. Early intervention and treatment of B12 deficiencies are key to maintaining healthy bodily function.

## Other Uses

Methylcobalamin can also be indicated in those with pernicious anemia, diabetes, neuropathy, heart disease, circadian rhythm sleep disorders, memory loss, depression, fatigue, AIDS, inflammatory bowel disease (IBD), Lyme disease, osteoporosis, tendonitis, psychiatric disorders, Alzheimer's disease, liver and kidney disease, and asthma. It also may help in improving concentration, maintaining fertility, anti-aging, boosting energy levels, converting fat to energy and mood elevation.

## Dosage, Concentration, Route of Administration

Dosage: Seek advice from a licensed physician, medical director, or other healthcare provider

Concentration: 5mg/ml

Route of Administration: IV/IM

## Storage

Store under refrigeration. Protect from light.