

Why is Vitamin B-12 important?

Vitamin B12 deficiency is thought to be one of the leading nutrient deficiencies in the world. A 2004 study showing that it is a major health concern in many parts of the world, including the U.S, India, Mexico, Central America, South America and certain areas in Africa.

There are many benefits of Vitamin B12 which may help with the following: boost your mood, energy level & memory. As well as an essential vitamin for addressing adrenal fatigue, hormonal balance and B12 is showing positive affects on the prostate, lung, and breast and it's also responsible for multiple metabolic functions including enzyme production. A deficiency in B12 is often seen in those with heart problems and elevated cholesterol levels. Vitamin B12 has been shown that it may help the cardiovascular system in general. Since your heart is one of your most vital organs, it's important to take good care of it.

Having enough enough Vitamin B12 allows your body to make heme, a chemical component of hemoglobin, the protein that transports oxygen in your blood. Your body must constantly generate heme to make functional red blood cells. B12 helps in the production of the body's genetic material known as DNA and RNA especially when cells and tissues are growing rapidly, such as during infancy, adolescence and pregnancy. B12 also helps the nervous system perform properly because it maintains healthy myelin, a fatty substance that promotes nerve function. Taking a vitamin B12 supplement may help protect against nerve damage caused by myelin breakdown. Basically, it helps to protect the myelin sheath that surrounds the nerves.

Vitamin B-12 has been specifically credited for helping to treat and also prevent the occurrence of Alzheimer's disease. In addition to helping stave off and treat Alzheimer's. Vitamin B12 may also provide healthy benefits for the brain, and help prevent what is known as "brain shrinkage" which can lead to conditions like dementia when you're older. Taking B12 today may help you to feel less mentally fatigued and on top of your game. Also, many vitamins including Vitamin D3 with k2 MK7 have been said to help with depression, and Vitamin B-12 is no different.

Vitamin B12 is highly beneficial for vegans and vegetarians because they often consume blue-green algae "superfood" thinking these foods are high in B12, this may be the case but it is not a very absorbable source of B12 at all. For this reason this is why many vegans & veterinarians are told to take vitamin B12 supplements daily in order to prevent a B12 deficiency. Even if they believe they are acquiring enough from certain plant foods.

The beauty side of Vitamin B12. It is essential for healthy skin, hair and nails because it plays a major part in cell reproduction and repair of our skin cells. Vitamin B12 is known to benefit the skin health by reducing redness, dryness, inflammation and acne blemishes and may be helped when be applied topically to the skin for psoriasis and eczema. It may also reduce hair breakage and help nails to become stronger. B12 helps keeping us looking good!

There are two forms of vitamin B12 that you're likely to come across, methylcobalamin and cyanocobalamin. Cyanocobalamin is the most commonly supplemented form of vitamin B12 and is chemically synthesized and is the cheapest form of B12. Methylcobalamin has a methyl group (just carbon and hydrogen) while cyanocobalamin contains a cyanide molecule. Although the amount of cyanide in a normal B12 supplement is too small to be harmful, your body will have to remove and eliminate this compound because it has no use for the cyano-compound itself. The body has to convert

any cyanocobalamin you consume into methylcobalamin as soon as possible - it's the methyl-compound that the human body needs to function properly. Methylcobalamin is rapidly gaining popularity over cyanocobalamin and in all likelihood methylcobalamin will ultimately dominate the industry because a large part of the world's population have problems with the methylation process, i.e. turning inactive into active ones.

Compared to other vitamins, we don't need a very large amount of vitamin B12 but we do need to replenish our supply just about every single day to maintain levels of the recommended amount within our bloodstream and prevent a Vitamin B12 deficiency. In addition to supplementation of B12 we also need to eat foods that contain B vitamins to address possible possible deficiencies. Vitamin B12 is a water-soluble vitamin, because of this the body has the ability to flush out any excess we don't need through our urine, in light of this vitamin B12 is considered safe and non-toxic. What is interesting, is people in general are not absorbing oral B12 supplements through the stomach because of stomach acid interference or through drops because the mouth pH has to be perfect for it go be assimilated properly. This is when a Vitamin B12 topical application with a liposomal delivery method is the best form of delivering B12 into the bloodstream.

There are many more reasons to make sure that all of your vitamins and minerals are at optimal levels. Having a discussion with a qualified health care professional about nutritional and supplemental needs is always best.

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