



# Methylcobalamin

## What Is It?

Methylcobalamin is an activated, highly bioavailable form of vitamin B<sub>12</sub> that does not require intrinsic factor for absorption. Methylcobalamin is also the principal circulating form of cobalamin in the body.\*

## Uses For Methylcobalamin

**Nervous System Health:** In recent studies, methylcobalamin has demonstrated an enhanced ability to support neurological function. This form of vitamin B<sub>12</sub> promotes protein synthesis for maintaining healthy nerve cells and myelin. Methylcobalamin may also help to moderate levels of glutamate in the brain, encouraging healthy brain cell activity, as well as memory, mood, and cognitive function. In general, vitamin B<sub>12</sub> works with folate to promote DNA and red blood cell health. Additionally, vitamin B<sub>12</sub> is a vital component of the methionine synthase pathway, which supports healthy homocysteine metabolism and S-adenosylmethionine (SAME) production.\*

## What Is The Source?

Pure Encapsulations Methylcobalamin is produced from corn dextrose fermentation. Hypo-allergenic plant fiber is derived from pine cellulose.

## Recommendations

Pure Encapsulations recommends 1-3 capsules per day, in divided doses, with meals.

## Are There Any Potential Side Effects Or Precautions?

At this time, there are no known side effects or precautions. If pregnant or lactating, consult your physician before taking this product.

## Are There Any Potential Drug Interactions?

At this time, there are no known adverse reactions when taken in conjunction with medications.

## References

1. Shimizu N, Hamazoe R, Kanayama H, Maeta M, Koga S. Experimental study of antitumor effect of methyl-B12. *Oncology* 1987;44(3):169-73.
2. Weinberg JB, Shugars DC, Sherman PA, Sauls DL, Fyfe JA. Cobalamin inhibition of HIV-1 integrase and integration of HIV-1 DNA into cellular DNA. *Biochem Biophys Res Commun* 1998 May 19;246(2):393-7.
3. Akaike A, Tamura Y, Sato Y, Yokota T. Protective effects of a vitamin B12 analog, methylcobalamin, against glutamate cytotoxicity in cultured cortical neurons. *Eur J Pharmacol* 1993 Sep 7;241(1):1-6.
4. Waikakul W, Waikakul S. Methylcobalamin as an adjuvant medication in conservative treatment of lumbar spinal stenosis. *J Med Assoc Thai* 2000 Aug;83(8):825-3.
5. Mayer G, Kroger M, Meier-Ewert K. Effects of vitamin B12 on performance and circadian rhythm in normal subjects. *Neuropsychopharmacology* 1996 Nov;15(5):456-64.
6. Yamashiki M, Nishimura A, Kosaka Y. Effects of methylcobalamin (vitamin B12) on in vitro cytokine production of peripheral blood mononuclear cells. *J Clin Lab Immunol* 1992;37(4):173-82.
7. Healthnotes Clinical Essentials. Copyright 2003. Healthnotes, Inc.

### Methylcobalamin

#### each vegetable capsule contains



methylcobalamin (B<sub>12</sub>) ..... 1,000 mcg.  
(hypo-allergenic plant fiber added to complete capsule volume requirement)

1-3 capsules per day, in divided doses, with meals.