

---

JAMES THOMPSON "JT"

---

# ***B-12 What you don't know CAN hurt you.***

---

Do you find yourself feeling tired or chronically fatigued, battling muscle aches and weakness, joint pain and stiffness, tingling and numbness, foggy memory, or the inability to concentrate? How about increased feelings of depression or anxiety, digestive problems, or the inability to lose weight efficiently? B12 deficiency isn't a bizarre, mysterious disease. It's written about in every medical textbook and its effects are very well documented in the scientific literature. Unfortunately, the low end of the recommended range is way too low for optimal health. That is why so many people are told they have so-called "normal" levels of B12, but are actually very deficient. Don't believe me? Just look at a bottle of B-12 and see that the recommended dosage is as much as 83,000 % above the recommended daily intake. Now are you listening? Symptoms of B-12 Deficiency are often diagnosed and medicated as other issues.



---

JAMES THOMPSON "JT"

---

# ***B-12 What you don't know CAN hurt you.***

---

Vitamin B12 is a very important but often widely overlooked vitamin, essential to human health. It helps with digestion, conversion of carbohydrates into energy and aids in the digestion of proteins and fats. It is also important to heart health and is responsible for the reproduction of DNA.

There are two forms of B12 that you're likely to come across: Methylcobalamin and Cyanocobalamin. Unfortunately, the latter is much more common in multi-vitamins and B-12 supplements. There are, however, many good reasons NOT to use Cyanocobalamin, contrary to its widespread use and availability.

The only chemical difference between the two types of B-12 comes down to one small, yet vastly important part of its molecular structure. Their names give them away: methylcobalamin has a methyl group (carbon and hydrogen), cyanocobalamin has a cyanide group. Yes, that is correct. Cyanide. Obviously not something you expect to find in a vitamin intended to promote health and well-being. In fact, cyanocobalamin isn't something nature ever intended your body to ingest at all – it exists only as a chemical made in a laboratory. It doesn't occur naturally in any living organism, period. In fact, your body has no use for the "cyano" compound itself, and will set about trying to convert any cyanocobalamin you take into methylcobalamin as soon as possible, because it can't and won't absorb cyanide (it's poison). It's the methyl- compound that the human body wants and needs. Not only does this mean that cyanocobalamin is a vastly less efficient way to supplement your vitamin B12 intake, you also have to wonder what happens to the cyanide group that is liberated during conversion into methylcobalamin. Scary, isn't it?

In all fairness, it's worth mentioning that the amount of cyanide released isn't large enough to actually cause any damage, and some common foods will also introduce small amounts of cyanide into your system. Still, I think it's safe to say that most people would prefer not to start deliberately ingesting cyanide if they can help it. The good news is that methylcobalamin is widely available and very easy to supplement. Keep in mind when purchasing B-12 that there's a good chance your body can't absorb it when ingested, so I recommend only using sublingual (under your tongue) or injectable forms of B-12. Take the steps necessary to keep your body B-12 sufficient, and begin to reap the benefits of a body in balance.