What to Expect with Methylcobalamin (Vitamin B-12)

What is Methylcobalamin (Vitamin B-12)?

Methylcobalamin or Cobalamin is also known as vitamin B-12. B-12 is a water-soluble vitamin that is used throughout the body. It assists in creating red blood cells, DNA, fatty acids, nerve cells, and more.

What are the benefits of Methylcobalamin (Vitamin B-12)?

Some benefits may include:

- Increased mood and energy
- Can address anemia
- Increased neurological function
- Possible increased cognitive function

Side Effects of Taking Methylcobalamin (Vitamin B-12)

Side effects are mild and rare. Some individuals might experience headaches, nausea, weight gain, gynecomastia, mood changes, urinary symptoms, or abdominal discomfort. Please let your physician know if you start experiencing any of these. All medications can have interactions, please consult with your provider/physician to ensure that there are no contraindications.

These are the most common risks and side effects seen. This is not a comprehensive list. **Please read through fully to ensure you completely understand and accept the risks and side effects versus the potential benefits. If you do not completely understand the potential risks and side effects, then please discuss them with your provider before deciding whether to take this medication.**

Frequently Asked Questions (FAQs) around Methylcobalamin (Vitamin B-12)

Don't I get B-12 from food?

This is a vitamin you can get from food but it depends greatly on your diet. B-12 is mostly in meat, dairy, poultry, and eggs so many people who eat a vegetarian, pescatarian, or vegan diet might not get enough of the vitamin. We also have to look into the way that B-12 is absorbed.
Cobalamin, which is the base of the vitamin, is bound in foods inside of a protein that first must be broken down. In the stomach, the cobalamin must then bind to a different transport protein called intrinsic factor for the vitamin to be absorbed once it arrives in the small intestine. This is a complicated process that can be inhibited by certain medications such as anti-acids and proton pump inhibitors.

Once inside the body, the cobalamin has to be methylated, meaning a donor 'methyl' group must be attached to create Methylcobalamin which is the active version that the body can utilize.

All this to say, there is a lot to going into absorbing B-12 and the best way to ensure you have what your cells need is to inject the end product, Methylcobalamin.

How often are injections suggested?

The frequency depends on your deficiency and each individual's need. Your physician can help with dosing but most people will do injections of b-12 two to three times per week.

References

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4. **Smith, A. D., et al. (2017). Vitamin B12 and folate deficiency and depression in adults: a meta-analysis of observational studies. *Depression and Anxiety*, 34(4), 270-283.**
5. **Moes, K. J., et al. (2017). Association between vitamin B12 and folate concentrations and cognitive decline in elderly people with vascular disease: a cohort study. *JAMA Neurology*, 74(10), 1180-1187.**