

## What is Liquid Vitamin B12?

Vitamin B12 is an essential nutrient that helps your body make red blood cells, keep your nerves healthy, and support brain function. Liquid B12 has nowadays become a popular option among people who have difficulty absorbing vitamin B12 properly from food. Due to its easy availability and better absorption, it is increasingly being adopted by health-conscious individuals.

### ✓ Why Vitamin B12 is important?

- Helps prevent anemia
- Supports energy levels
- Keeps nerves functioning properly
- Helps with memory and mood
- Essential for pregnant women and older adults

### ➤ Why Some People Prefer Liquid B12?

- Easy to swallow
- Good for people with digestive issues
- Absorbs faster because it is taken under the tongue (sublingual)
- Good for children or elderly people who cannot swallow pills

### ➤ Causes of Vitamin B12 Deficiency

**There are many reasons for vitamin B12 deficiency. It is very common worldwide.**

**Below are some common causes for having low vitamin B12.**

### ✓ Common Causes

- 1. Low intake of animal foods**
  - **Vegetarians and vegans are at higher risk.**
- 2. Poor absorption in the stomach**

**Common in:**

  - **people over 50**

- people with low stomach acid
- people with gastritis
- those who had stomach surgery

### 3. Medical conditions

- Pernicious anemia
- Crohn’s disease
- Celiac disease

### 4. Medications

Medicines that reduce stomach acid (PPIs), or metformin (for diabetes), can reduce B12 absorption.

### 5. Alcohol use

Heavy drinking affects B12 absorption.

### 6. Pregnancy

Increased requirements can lead to low levels.

## ✔ Symptoms of B12 Deficiency

You may need B12 if you experience:

- Tiredness or weakness
- Tingling in hands or feet
- Memory problems
- Mood changes
- Pale skin
- Shortness of breath
- Dizziness

## Types of Vitamin B12

Types of Vitamin B12	Description
<b>Cyanocobalamin</b>	Most common and affordable; well-tested.
<b>Methylcobalamin</b>	“Active” form; absorbed quickly; often used for nerve support.
<b>Hydroxocobalamin</b>	Often used in injections; long-lasting.

<b>Adenosylcobalamin</b>	Supports energy inside cells; less common in liquids.
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## ✔ Dosage, Benefits and Shortcomings

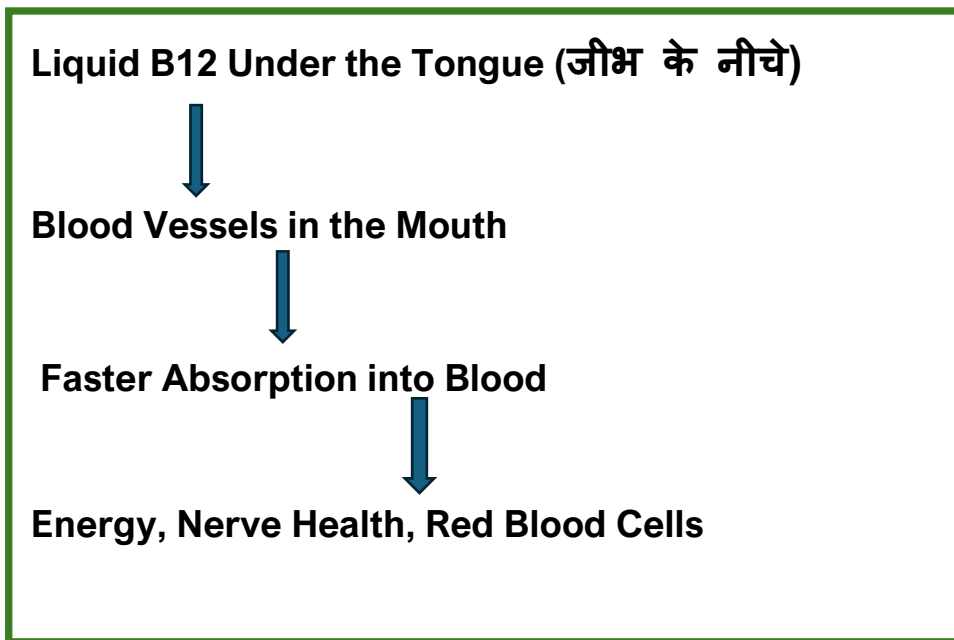
### ➤ Recommended Dosage (General Guidance)

*(Always consult a doctor for personal advice)*

- **Adults:** 250–500 mcg/day
- **Older adults (>50 years):** 500–1000 mcg/day
- **Vegans/vegetarians:** 250–500 mcg/day
- **Severe deficiency:** 1000 mcg/day (doctor-guided)

Liquid B12 is usually taken **under the tongue** (sublingual) for faster absorption.

## How is Liquid B12 Absorbed?



## ✔ Benefits of Liquid Vitamin B12

### 1. Boosts Energy Levels

Helps reduce tiredness and fatigue.

## 2. **Supports Brain & Nerve Health**

May improve memory and reduce nerve pain or tingling.

## 3. **Improves Mood**

Supports production of mood-related brain chemicals.

## 4. **Good for Heart Health**

Helps lower homocysteine, which is linked to heart disease.

## 5. **Supports Red Blood Cells**

Helps treat or prevent anemia.

## 6. **Useful for People Who Can't Absorb B12 Well**

Such as older adults or those with stomach issues.

### ➤ **Shortcomings of Liquid Vitamin B12**

- Some products contain sugars or additives
- Needs daily dosing
- Bottle must be stored carefully
- Taste may not be pleasant for some
- High doses may cause:
  - mild headaches
  - anxiety or restlessness
  - insomnia (take earlier in day)

**B12 is water-soluble**, therefore, extra amounts are usually passed out in urine. Thereby, serious side effects are rare.

### **Who Should Consider Liquid B12?**

- Vegans, vegetarians
- People over 50 years old
- Those with stomach or gut problems
- Anyone diagnosed with B12 deficiency
- People who feel tired easily
- Pregnant women (doctor-guided)

## Comparison between Liquid B12 and tablets

Feature	Liquid B12	Pills / Tablets
<b>Absorption</b>	Faster, especially under the tongue	Slower; depends on digestion
<b>Ease of Use</b>	Great for children/elderly	Good for most people
<b>Taste</b>	May have flavors	Tasteless
<b>Price</b>	Often slightly higher	Usually cheaper
<b>Convenience</b>	Easy to take daily	Easy to carry when travelling
<b>Ideal For</b>	People with absorption issues	People with normal digestion

### **Conclusion**

Liquid Vitamin B12 is an excellent, easy-to-absorb form of this vital nutrient. It is especially beneficial for those who struggle to absorb B12 from food or tablets. It supports energy, brain function, nerve health, and overall vitality. Although it may be a little more expensive than pills, many find it more effective and convenient.

For most people, liquid Vitamin B12 is safe, simple, and reliable, but always consult a healthcare professional (Doctor) before starting the supplements, especially if you have any medical conditions or are taking any medications.

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