

# Nutrition Nuggets: Important: Take Your B-12 !

by Delisa Renideo

According to research, well over half of vegans are deficient in Vitamin B-12! If you are not supplementing, you are probably deficient.

Vitamin B-12 is made by bacteria and is found in animal products, but not in plants. The solution is not to eat animals, because that leads to all kinds of health problems, but it is very important to take supplemental B-12. It is also recommended that omnivores take B-12.

B-12 deficiency mimics many other health problems and is often misdiagnosed. It can cause tingling and numbness, problems with sleep, memory loss, depression, lack of energy. . .

B-12 is most commonly found in the form cyanocobalamin, but some sources say this form is not as available to our bodies as the form called methylcobalmine.

One of the most effective ways to absorb B-12 is to use skin patches (by Healthy Habits)

containing methylcobalmine. This goes directly into the blood stream, bypassing the stomach which can limit the amount absorbed. I found these patches on [amazon.com](http://amazon.com).



Another effective way to take B-12 is through a sublingual liquid or tablet. You put this under your tongue and, like the patches, it is absorbed through your skin, bypassing the stomach.

Blood tests for B-12 are not as accurate as a urine test called MMA (methylmalonic acid.) Next time you see your doctor, you may want to request an MMA test. In the meantime, supplement with methylcobalmine!

*(Learn more from Dr. Michael Gregor at [www.nutritionfacts.org](http://www.nutritionfacts.org) or [www.B12exposed.com](http://www.B12exposed.com), with a free webinar by David Rainoshek.)*

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