

# **What B12 Should You Take – Methylcobalamin Vs Cyanocobalamin**

Before we get into methylcobalamin vs cyanocobalamin, let me just cover briefly why B12 is super important.

In a nutshell, it keeps your nerves and red blood cells healthy and takes responsibility for the smooth functioning of many critical body processes.

B12 also helps with digestion and heart health, so deficiency can lead to digestive disorders and an increased risk of heart disease.

The National Institute of Health's (NIH) Dietary Office estimates that between 1.5–15 percent of U.S. citizens are B12 deficient.

The American Journal of Clinical Nutrition suggests this number might be up to 39 percent of the population suffering vitamin B12 deficiency.

But the reality is that vegans and meat eaters could both do with more B12 and should supplement.

The way we live and the environment we live in has changed dramatically, and can lead any one of us towards a deficiency.

But which type of B12 should you take?

Let's get into this...

## **Methylcobalamin Vs Cyanocobalamin**

Cyanocobalamin and Methylcobalamin are very similar. In fact, the only key chemical difference is a small part of the molecule.

Methylcobalamin has a methyl group (just carbon and hydrogen), while cyanocobalamin has a cyanide group.

So, to help you remember, 'cy' for cyanide is cyanocobalamin.

**Cyanide isn't something your body wants, as it's a poison.**

But let's be clear: unless you are a smoker and your body just can't cope with any more cyanide, the amount of cyanide released in the conversion process of taking cyanocobalamin isn't thought to be harmful enough to cause damage to your body.

What is true is that the body has no use for the cyano- compound itself, and will convert any cyanocobalamin you take into methylcobalamin anyway.

Most of the B12 circulating in the blood is in the methyl form. So if you take the cyano form, before it can be properly utilized by the body, it has to be stripped of its cyano group, which takes some time.

The primary reason cyanocobalamin is cheap is because it is synthesized in laboratories and is not harbored naturally in any living organism. It is cheaper to produce, basically.

Methyl B12 doesn't have to use any of the body's resources to convert it into the coenzyme form. You are essentially buying it pure, so to speak.

It is on this basis that pretty much every article you read on this subject will say to take methylcobalamin instead of cyanocobalamin.

But wait. It isn't that simple. Because when it comes to science we need to look at absorption rates to understand which form of B12 is better.

For example: You might be taking way more than the RDA for B12, but if your absorption rate is low, you still might not be getting enough. Some people absorb different forms of B12 better than others, which is why anyone can suffer from low B12, meat eater or vegan.

## What is the Best Way to Take B12?

Most people are advised to take B12 sublingual, which means “under the tongue”.

Pills are sold for this purpose and dissolve under your tongue so it gets into your system quicker than going through the digestive tract.

The way to take a sublingual tablet is to just put the pill under your tongue and wait.

Careful though, as some sublinguals have more sugars in them that allow them to dissolve faster.

I'm very careful what I take though. And so should you be.

Some B-12 supplements, particularly sublingual tablets often contain sugar substitutes such as sorbitol, mannitol or sucralose, which can cause gastrointestinal symptoms in some people.

Okay, we're done. I hope you swallowed all that – pardon the pun!

Now you know the difference between, and the truth about, methylcobalamin and cyanocobalamin.