

# Essentials

Our Methylcobalamin is a high-quality form of Vitamin B12, which is produced by fermentation followed by chemical modification and converted in one of the natural coenzyme forms of Vitamin B12.



## PRODUCT PROFILE SHEET

Vitamin B12 is the most recent of the vitamins to be discovered and also the most potent and most complex in chemical structure. There are several analogues of Vitamin B12 of which we offer Cyanocobalamin and Methylcobalamin.

### About Cyanocobalamin and Methylcobalamin

Cyanocobalamin is produced commercially by fermentation. It was the original analogue of the vitamin isolated, but is now known not to be naturally occurring but rather as an artifact of the isolation process. It contains a Cyano group attached to the central Cobalt atom and is widely used due to its greater stability.

Methylcobalamin is produced by fermentation followed by chemical modification to replace the Cyano group with a Methyl group on the central Cobalt atom. Methylcobalamin is one of the natural coenzyme forms of Vitamin B12 and, according to research, is the most bioavailable type of Vitamin B12 which means the body can absorb it more easily.

### The importance of Vitamin B12

Vitamin B12 is required for the development, myelination and function of the central nervous system, healthy red-blood cell formation and DNA synthesis.

People who avoid dairy and eggs frequently become deficient in Vitamin B12 as it is naturally found in all foods of animal origin (including dairy, eggs, meat, poultry, and fish). Research suggests that vegans and vegetarians could benefit from taking Vitamin B12 supplementation.<sup>1,2</sup> Furthermore, and according to research, humans' ability to absorb Vitamin B12 is reduced with increasing age.

### Product Advantages

- ✓ Quality Ingredient from selected partners
- ✓ Produced by Fermentation
- ✓ Qualified and approved by our Regulatory Team
- ✓ Allows EFSA Approved Health Claims
- ✓ Technical and Commercial support from our expert teams
- ✓ Suitable for Vegetarians & Vegans
- ✓ Kosher & Halal Certified
- ✓ 3 Years Shelf Life

### Product Range

LEHVOSS Code	Active Ingredient	Form
26000975	Vitamin B12 (98.5% - 101.0%)	Powder

### Product Dosage

2.5 mcg/day = 100% of the Recommended Daily Intake (RDI).

### Approved Health Claims

Vitamin B12 has a number of Approved EFSA Health Claims that confirm its role in promoting normal function of the immune system, homocysteine metabolism and psychological function. Vitamin B12 also supports red-blood cell formation, processing of cell division, reduces tiredness & fatigue and – in combination with Folic Acid and Vitamin B6 – helps to control homocysteine levels within the body.

### About



LEHVOSS Nutrition is the European division of the Hamburg-based group, specialising in the sourcing, technical approval, sales and marketing of specialty ingredients for the food supplement, pharma, animal nutrition and functional foods industries.

#### References

1. Ali Niklewicz, et al. *The importance of vitamin B12 for individuals choosing plant-based diets*: Published online 2022 Dec 5. doi: 10.1007/s00394-022-03025-4.
2. Kam S. Woo, et al. *Vegan Diet, Subnormal Vitamin B-12 Status and Cardiovascular Health*: Published online 2014 Aug 19. doi: 10.3390/nu6083259

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