

# Ultra B12-Folate



— *Now with NatureFolate™!* —

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## Our Unique Formula Contains Vitamin B12 in Both of its Coenzyme Forms

Vitamin B12 (cobalamin) works with folate in many body processes including the synthesis of DNA, red blood cells, and the maintenance of the myelin sheath that surrounds nerve cells. A B12 deficiency results in pernicious anemia, impaired nerve function, and impaired mental function.

Folate is one of the most essential nutrients for all normal cell growth and replication. It also has a major role in DNA synthesis, without it cells do not divide properly. The benefit of folate (along with B12) supplementation is a result of reducing body concentrations of homocysteine. Homocysteine has a hand in a variety of conditions, including atherosclerosis, multiple sclerosis, osteoporosis, and mental decline to name a few. Folate deficiency is linked to depression, atherosclerosis, and birth defects. Folate supplementation should always include B12 because folate can hide an underlying B12 deficiency, which can result in permanent nerve damage.

**Multiple Sclerosis** is an autoimmune demyelination disease. Myelin, the protective sheath around nerves, is destroyed and a common cause is a higher than average homocysteine level. Elevated homocysteine, as a result of folate and B12 deficiency, is toxic to the nervous system and has been linked to depression, schizophrenia, multiple sclerosis, Parkinson's disease, Alzheimer's disease and cognitive decline in the elderly. People with multiple sclerosis don't metabolize B12 properly<sup>1</sup>, which leaves them more vulnerable to nerve damage. Several studies have shown that vitamin B12 levels in serum, red blood cells, and CNS are low in multiple sclerosis.

## Hepatitis

A cobalamin deficiency impairs the immune system's ability to fight off germs and viruses. Viral hepatitis has been treated for years with vitamin B12 as it aids the immune system in decreasing viral damage.

## Neuropathies/Bell's Palsy

Nerve damage created by diabetes or elevated homocysteine benefits from vitamin B12 and folate supplementation. Aggressive cobalamin therapy eases pain from nerve damage of diabetic neuropathy.<sup>2</sup> An insufficient intake of folate can result in numbing, tingling pain in the legs and arms.

## Depression

Vitamin B12 and folate deficiency can cause depression which is most prevalent in the elderly.<sup>3</sup> Vitamin B12 declines with age and deficiency is found in 3 to 42 percent in those 65 and over. However, anyone suffering from vitamin B12 deficiency can have symptoms of depression. Correcting an underlying vitamin B12 deficiency can result in improvement in mood.

## Who Needs Higher Levels of Vitamin B12?

Vitamin B12 is needed to produce an adequate amount of healthy red blood cells in the bone marrow. Vitamin B12 is available only in animal foods (meat and dairy products). Vitamin B12 deficiency is defined by low levels of stored B12 in the body that can result in anemia, a lower-than-normal number of red blood cells. B12 deficiency can be detected through the Metabolic Profile test offered by Designs for Health. Vitamin B12 deficiency can develop due to dysbiosis (this can also be detected by the Metabolic Profile test), inadequate intake through diet, strict vegan diet, anorexia, bulimia, and use of medications

## Conditions for B12-Folate

- AIDS
- Asthma
- Bell's Palsy
- Depression
- Diabetic neuropathy
- Hepatitis
- HIV
- Homocysteinemia
- Impaired mental function
- Mercury toxicity
- Sulfite sensitivity
- Low sperm counts
- Multiple Sclerosis
- Tinnitus

that deplete B12. Pregnant vegans in particular need to supplement months prior to pregnancy, as pregnancy increases B12 requirements. Mothers undersupplied with B12 can have babies with neurological problems. The elderly are often low in vitamin B12 as well. Doses above 1000 mcg taken orally can overcome lack of intrinsic factor thought to be needed for absorption of vitamin B12.

## HIV/AIDS

Below normal B12 levels are common in HIV disease and continue to fall in most patients. B12 may help to predict those patients whose disease will progress most rapidly.<sup>4</sup> Vitamin B12 deficiency is seen in ten to thirty-five percent of all HIV-positive patients, as a result of decreased intake, reduced absorption, or antagonism by the drug AZT.<sup>5</sup>

## Why NatureFolate™?

NatureFolate™ is made from a concentrated vegetable juice powder containing a blend of natural folates, including 5-methyltetrahydrofolate (5-MTHF) and 5-formyltetrahydrofolate with additional fortified 5-formyltetrahydrofolate as calcium folinate. Research supports that these forms are preferred by the body as they are already the active form (5-MTHF) or easily converted to the active form.

## Supplement Facts

Serving Size 1 capsule  
Servings Per Container 90

Amount Per Serving		% Daily Value
Vitamin B12	2,000 mcg	33,333%
(from equal amounts of Adenosylcobalamin and Methylcobalamin)		
Folates (NatureFolate™ blend)	400 mcg	100%

\*Daily Value not established.

**Other Ingredients:** Microcrystalline cellulose, magnesium stearate, dicalcium phosphate..

## COMMON QUESTIONS ABOUT ULTRA B12-FOLATE

**Q: I heard B12 is helpful in mercury toxicity cases. Is this true?**

**A:** Absolutely. Here's why. Mercury depletes vitamin B12. Many mercury toxicity symptoms are also B12 deficiency symptoms such as: numbness and tingling in the arms and legs, burning and/or red tongue, depression, fatigue, weakness, impaired mental function, and diarrhea. Pernicious anemia is the classic symptom of B12 deficiency which can be seen in chronic mercury overload. B12 is effective for getting rid of a mercury detox rash that is usually purple in color.

**Q: Should I consider giving Ultra B12-Folate to my elderly patients?**

**A:** Yes. Several investigators have found the level of vitamin B12 declines with age and that vitamin B12 deficiency is found in 3 to 42 percent of persons aged 65 and over. If this is left untreated it can cause impaired neurological and cognitive function.

**Q: I have always believed that B12 needs to be given orally or by IV. Why is Ultra B12-Folate in capsule form?**

**A:** B12 deficiency often occurs due to a lack of intrinsic factor in the gut. This is a common cause of B12 deficiency in the elderly. However, oral administration of an appropriate dosage of B12, even in the absence of intrinsic factor, results in effective elevations of B12 in the blood. An editorial entitled "Oral Cobalamin for Pernicious Anemia, Medicine's Best Kept Secret," appeared in the Jan. 2, 1991, edition of JAMA. This states that oral therapy produces reliable and effective treatment, even in severe cases of pernicious anemia.<sup>6</sup> A Swedish study on 64 patients with pernicious anemia and other B12 deficiency symptoms were treated with 1000 mcgs. of oral B12 daily. In all patients studied over a 3 year period, the researchers observed complete normalization of serum levels and liver stores for vitamin B12 as well as full clinical remission.<sup>7,8</sup>

**Q: What doses are best to use for the mentioned conditions?**

**A:** The recommended dosage for oral B12 is 2,000 mcg daily for a minimum of 1 month. This would be just one capsule of Ultra B12-Folate daily.

## References

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4. Rule S, et al. Serum vitamin B12 and transcobalamin levels in early HIV disease. Am J Hematol 1994; 47:167.
5. Ehrenpreis E, et al. Malabsorption and deficiency of vitamin B12 in HIV-infected patients with chronic diarrhea. Dig Dis Sci 1994; 39:2159.
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8. Berlin R ea. Vitamin B12 body stores during oral and parenteral treatment of pernicious anemia. Acta Med Scand 1978; 204:81-84.

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