



Wellness Minute

Health Information You Can Use On Your Path To Wellness



B12 Lozenges

“For anyone who has been on acid blocking medication for a prolonged period of time, the chances are pretty good that they’re low in B12.”

Let's talk about people who have been on acid blockers, long-term users, or people who have been chronically ill. A 2023 18-year Danish cohort study with almost 2 million people shows people on proton pump inhibitors have a 36% greater chance of having dementia in later life. Longer treatment and earlier treatment increase the incidence rate even further. This study was done with PPIs, but all acid blockers have side effects. Let me remind you, we need HCL for multiple functions.

Consider this study. On a college campus, baseline levels of HCL were taken from “healthy” college students, but before the experimental part of the trial could begin, the flu

broke out on campus. This adds a twist to any HCL experiment as sickness will diminish HCL production. In an effort to salvage their time and data, the researchers decided to see how long it would take for the subjects to return to their baseline levels of HCL after the flu abated. Dr. Devaki Berkson, who shared the study with me originally, updated my understanding. In the college campus study, most of the students returned to baseline in a few months, but it took 2 students 2 years to return to baseline.

This should serve as a reminder for all of us that have been chronically ill, or for those battling trauma or disease, to make sure your clinician

evaluates your digestion as part of your clinical picture. Besides needing HCL to kill the bacteria on our food and to activate bile and pancreatic enzymes, which are necessary to digest food, optimal levels of HCL will turn on mechanisms to discourage dysbiotic bacteria and support a healthy microbiome.

We also need HCL for mineral and B12 absorption. Maybe a major reason for the huge increase in dementia is due to poor digestion and B12 deficiencies. You can see that anyone who is low in HCL, or has been on acid blocking medication for a prolonged period of time, the chances are pretty good that they're low in B12. Patients low in B12 may

experience fatigue, irritability, depression, loss of concentration, memory loss, tingling and numbness in the extremities, loss of vibratory and position sensation, abnormalities of gait, age related hearing loss, muscle spasticity, and dementia. If you have any of these symptoms, ask your wellness clinician to assess the need for B12 as well as HCL. In fact, one of their specialties is natural alternatives to GERD and digestive support.

When it comes to B12, my favorite product is a cherry flavored lozenge called B12-2000 lozenge. Each B12-2000 lozenge contains 2,000 mcg of B12, 800 mcg of folate (the natural form of folic acid), and 2 mg of B6 in its most bio-available form, p-5-p.

B12 is not always well absorbed by the stomach, so an oral form is suggested. B12-2000 lozenge is so tasty that the tendency is to chew it like

candy. The key to this therapy, however, is to allow the tablet to dissolve slowly in the mouth. Research shows that for most people, oral supplementation can be effective, especially if you are already supplementing with HCL.

There are some people that may need B12 injections, so following up with laboratory testing is important. There are many forms of B12 lozenges on the market. The problem with oral methylated forms is that they activate or pull toxic metals out of dental fillings. For this reason, Biotics Research uses a form called hydroxo-cobalamin B12. Expect to start seeing clinical changes in 30 days, and lab tests should reflect changes in about 90 days.

I love the saying, "In the end, it's not the years in your life that count. It's the life in your years." Take advantage of therapies that give you life... what a great gift!