## WEEKLY PRODUCT FEATURE B12-2000<sup>TM</sup> Lozenges

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WPB 13/35

Vitamin B12 deficiency is increasingly common given the Standard American Diet (SAD), and its prevalence has been found to increase with age. Vitamin B12, an essential vitamin, is an indispensable coenzyme for two very important metabolic enzymes: methylmalonyl-CoA, which is involved in fatty acid metabolism, and methionine synthase, which is required in nucleic acid synthesis and methylation reactions. Folic acid is required for DNA synthesis as well as lipid metabolism. Vitamin B6 is vital to numerous functions including immune support, gluconeogenesis, red cell metabolism, as well as lipid and neurotransmitter synthesis, which affects both nervous system and hormone function. The status of all three vitamins has been shown to be negatively impacted as a result of interactions of commonly prescribed drugs, including birth control pills. Deficiencies have been linked to serious health challenges such as neural tube defects. **B12-2000™ Lozenges** is a supplement that patients can't wait to take. Each great tasting B12-2000<sup>™</sup> Lozenges supplies 2,000 mcg of vitamin B12 (as hydroxycobalamin), 800 mcg of Folate (as calcium folinate), and 2 mg of vitamin B6 (as pyridoxal-5-phosphate). It has been hypothesized that the supplementation of methylcobalamin in the presence of mercury (amalgam fillings) could lead to the formation of methyl mercury. Since B12-2000<sup>™</sup> Lozenges were designed to be dissolved in the mouth, Biotics Research has chosen to utilize hydroxycobalamin as the preferred form of vitamin B12 for oral dosing. It is likely that a disproportionate percentage of your patients will require B12 supplementation. However, due to deficits in absorption rates and intrinsic factor, oral B12 supplements are not

always the ideal form of the nutrient. **B12-2000<sup>TM</sup> Lozenges** have long been one of Biotics Research's best sellers for good reason; not only do they offer an ideal combination of vitamin B12, folate and B6, but they are readily absorbable and they taste great. In fact, the immediate gratification aspect of B12 supplementation makes this supplement one of the most popular supplements that we routinely sample to healthcare providers at conventions and trade shows. Practitioners just have to try this supplement once to appreciate it. Similarly, this is an excellent product to sample with your patients. Your patients will be both shocked and pleasantly surprised that a supplement that has the potential to support so many functions, can taste so wonderful. Most people who require B12 supplementation will readily purchase **B12-2000<sup>TM</sup> Lozenges** once given a sample.



## **Research Pertaining to Other Topics of Interest**

N-Acetylcysteine (NAC) for Chronic Obstructive Pulmonary Disease (COPD) In a recent randomized study of 120 patients with stable COPD, study participants, aged 50 – 80 yrs, received either 600 mg of NAC twice daily or placebo. Participants averaged 2 exacerbations and I COPD hospitalization during the previous year. At I year, there was significant improvement on Forced Expiratory Flow (FEF 25-75%) and forced oscillation technique (FOT, a significant reduction in exacerbation frequency and a tendency towards reduction in admission rate with NAC vs. placebo. No major adverse effects were reported. Researchers concluded that high-dose (I200 mg/day) NAC resulted in significantly improved small airways function and decreased exacerbation frequency in patients with stable COPD.

Tse HN et al. High-Dose N-Acetylcysteine in Stable Chronic Obstructive Pulmonary Disease: the I Year, Double-Blind, Randomized, Placebo-Controlled HIACE Study. 2013 Chest.