



November 19, 2016 – Grand Rapids, MI

Power Up with Vitamin B12

The final supplement I'll cover this week is vitamin B12, sometimes called the energy vitamin. Many vitamins are involved with energy production, but a lack of B12 can certainly cause problems with energy and other issues.

Vitamin B12 is also known as cobalamin and if you're wondering, yes, this vitamin does include the mineral cobalt. There are two primary functions of B12 in the body. The first is to help reduce the chemical homocysteine to methionine while helping folate be converted into a usable form in the same reaction. Without enough B12, homocysteine increases inflammation in the body and has been associated with cardiovascular disease.



The other primary function of B12 is to help reduce components of fat and protein into succinyl-CoA. This strangely named cofactor is important to the production of energy and the production of red blood cells.

With the reduction of meat intake, dietary B12 has been reduced. While the body does keep some B12 stored, it can eventually decline to levels that can impact health. That's why supplementing with B12 is important. One thing you should know is that there's no upper limit set on vitamin B12 intake; there have never been issues even when supplemented at a dose 1,000 times the RDA.

The [Supplementing for Health—Live in Chicago](#) seminar is tomorrow. I'll explain the benefits of supplementation, including vitamin B12 and many others. This is your chance to find out how to make up for deficiencies in your diet. Join me tomorrow!

What are you prepared to do today?

Dr. Chet

WGUV FM 88.5/95.3 **npr** **Straight Talk on Health**

Hear Dr. Chet's take on the latest health news and research—listen to *Straight Talk on Health* Sunday at 7:30 a.m. and 6 p.m. in the Eastern Time Zone on WGUV-FM 88.5 or 95.3, or listen live via the Internet by going to www.wgvu.org/wgvunews and clicking on "Listen Live" at the top.

The health information in this message is designed for educational purposes only. It's not a substitute for medical advice from your healthcare provider, and you should not use it to diagnose or treat a health problem or disease. It's designed to motivate you to work toward better health, and that includes seeing your healthcare professional regularly. If what you've read raises any questions or concerns about health problems or possible diseases, talk to your healthcare provider today.

Subscribe to the Message from Dr. Chet at DrChet.com — © Chet Zelasko PhD LLC