

Vitamin B12 Methylcobalamin

1 mg, 60 vegetarian lozenges | Item # 01536

Energy, brain & nerve support, bioactive, quick-dissolving



4.6

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Our Vitamin B12 lozenges can be dissolved in your mouth or chewed as a convenient way to ensure optimal B12 levels, which support healthy homocysteine levels, brain health and cognition.

Gluten free | Non-GMO | Vegetarian

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Overview

What Is Vitamin B12 (Methylcobalamin)?

Vitamin B12, also called cobalamin, is a water-soluble vitamin. It helps with nerve and blood cell health while also playing a role in DNA synthesis. While we usually get it through animal-based or fortified foods, digestive challenges that come with aging can affect absorption. Maintain healthy levels with B12 supplementation.

Vegetarians and the elderly tend to be the ones most challenged with maintaining healthy levels of vitamin B12.

Vitamin B12 Methylcobalamin Benefits

- Helps maintain healthy homocysteine levels (a marker of cardiovascular, neurological & general health)

- Supports brain health & cognition
 - Important for red blood cell production
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Essential for Cellular Health

There are eight B vitamins, each with their own set of important roles in maintaining health throughout the body. Methylcobalamin is a form of vitamin B12 that is active in the central nervous system. It is essential to the growth and replication of cells. Our lozenges supply 1 mg of methylcobalamin each.

Life Extension - Why We Do It?

The Best Supplements Science Can Offer

When putting something in your body, you should be confident that you're getting the nutritional benefits your body deserves. We've been delivering high-quality, science-backed supplements for more than 40 years.

What Matters to You, Matters to Us

We're committed to empowering you to live a healthier life. Whether it's finding sustainable partners for our ingredients or funding the latest anti-aging research, we're all about your health & wellness.

Highly Recommended

98% of our customers recommend us to family and friends. We're very proud of that because our loved ones matter to us—and we're willing to bet you feel the same way.

Product Transparency

40 years of research dedicated to bringing you premium, scientifically-validated formulations.

Product Details

Vitamin B12 is present in foods of animal origin, including dairy products and eggs. Vegetarians and the elderly are especially susceptible to deficiency of this important nutrient, which may be caused by low dietary intake, inadequate bioavailability or poor absorption of B12.^{1,2} The age-related decrease in hydrochloric acid production can also affect B12 bioavailability.^{3,4}

B12 Supplementation

To overcome obstacles to vitamin B12 absorption, the Institute of Medicine recommended in 1998 that vitamin B12-fortified foods (such as fortified ready-to-eat breakfast cereals) and supplements containing vitamin B12 be used by older adults to help meet their B12 requirement.⁵

More recent research shows that supplementing with B12, even at moderate doses, can improve both B12 and folate status in older individuals.⁶

Vitamin B12, or cobalamin, works synergistically with vitamin B6 and folate to convert homocysteine into the amino acid methionine.⁷ This helps to maintain healthy levels of homocysteine, an emerging marker of cardiovascular, neurological and general health.⁸

These statements have not been evaluated by the Food and Drug Administration.
These products are not intended to diagnose, treat, cure, or prevent any disease.

Supplement Facts

Serving Size 1 vegetarian lozenge

Amount Per Serving

Other ingredients: xylitol, sorbitol, maltodextrin, stearic acid, vegetable stearate, microcrystalline cellulose, natural vanilla flavor, rice starch, modified food starch.

Non-GMO

Dosage and Use

- Dissolve in mouth and swallow one (1) lozenge daily or as recommended by a healthcare practitioner.

Warnings

- KEEP OUT OF REACH OF CHILDREN
- DO NOT EXCEED RECOMMENDED DOSE
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

To report a serious adverse event or obtain product information, contact 1-866-280-2852.

Actual Size

Pill Size Image

References

1. *Nutrients*. 2016;8(12)
2. *Nat Rev Dis Primers*. 2017;3:17040.
3. *Can J Gastroenterol Hepatol*. 2019;2019:6757524.
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5. *Dietary Reference Intakes for Thiamin, Riboflavin, Niacin, Vitamin B6, Folate, Vitamin B12, Pantothenic Acid, Biotin, and Choline*. Washington (DC): National Academies Press (US) National Academy of Sciences.; 1998:
6. *Exp Gerontol*. 2016;84:101-106.
7. *Adv Food Nutr Res*. 2018;83:215-279.
8. *Int J Mol Sci*. 2016;17(10)

Editor's Pick



Does Vitamin B12 Really Give You Energy? Here's What Science Says

B12 has long been touted as the “energy boosting vitamin,” but is this claim overhyped? We break down what B12 is, how it supports energy production, who may benefit from taking it, and which tests to check to determine your status.

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*Ratings based on results of the 2025 ConsumerLab.com Survey of Supplement Users. Multivitamin rating based on results of the 2024 ConsumerLab.com Survey of Supplement Users. For more information, visit www.consumerlab.com/survey.

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