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Functional Medicine

TWEET GM #47

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Title

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IT APPEARS THAT VITAMIN B12 PRESENTS ANTIOXIDANT ACTIVITY!

We have just posted QUOTE GM #47 today, which you will hopefully read. I have always been obsessed with vitamin B12 and that apparently upsets mainstream haematologists as they don't see a lot of interest in increased vitamin B12 levels (I speak about non-supplemented patients, obviously).

They may neglect the fact that small intestinal bacterial overgrowth/SIBO, a frequently problematic form of intestinal dysbiosis that focuses on small intestine rather than on colon, may explain absorption of vitamin B12 that doesn't get absorbed normally in the colon but only in the small intestine.

Another subtle issue may present with vitamin B12 levels but rather on other end of the spectrum, when patients suffer from mild vitamin B12 deficiency, which according new research still could affect us because of **triage concept** where "*nutrients are reallocated to processes necessary for immediate survival at the expense of long-term health*". In such case, measuring total vitamin B12 shows irrelevant and we must request holo-transcobalamin representing the active form of B12. And that is not the most common test to obtain, as a majority of labs do not even provide it.

I also like vitamin B12 because this single blood test can tell if you suffer from SIBO (high in blood without supplementation) or from malabsorption (low in blood while not being vegetarian): Functional Medicine at its best!