

## Ola Loa Sublingual Hydroxy B12 (now BACK IN STOCK!!!)



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Ola Loa Sublingual B12 (*HydroxyCobalamin*) is the "mother" of all B12's. Typically this form of B12 is only available through a Nutrition Medical Doctor. This is the body's preferred form of vitamin B12 and is referred to as the "natural transport factor" for Cobalamin.

**Ola Loa's Hydroxy B12 provides greater absorption and better utilization than any other form of B12**

Ola Loa's sublingual B12 is paired with the preferred form of Active Folate (Folinic Acid) which works together in tandem. Ola Loa has been committed to providing the very best form of Vitamin B12 since we released our first product in 1999. We agree with NaturalNews.com that no one should use Cyanide B12 (Cyanocobalamin) which is used in virtually all supplements that contain vitamin B12.

**Feel the difference Ola Loa's Hydroxy B12 makes and get the benefits of the best B12 on the market.**

**CAUSES OF VITAMIN B12 DEFICIENCY**

**Vegetarian diets** - B12 is found almost exclusively in animal foods. Plants are not a reliable source of B12.

**Alcohol consumption** - Excessive intake of alcohol in the diet is known to deplete B12.

**Digestive disorders** - Celiac Disease and Crohn's Disease all deplete B12.

**Medications** - Medications for diabetes or long-term use of acid reflux drugs; Stomach bypass surgery; Nitrous Oxide or "laughing gas" during surgery and unregulated Nitric Oxide are known causes of B12 depletion.

**Intrinsic Factors** - A protein in the stomach allows the absorption of most B12, so if you have weak Intrinsic Factor you will not absorb much B12.

## **WHICH VITAMIN B12 IS BETTER?**

### **Cyanocobalamin (NOT SO GOOD)**

- Cyanocobalamin (Cyanide B12) is found in most B12 supplements because it is cheaper than other forms of B12.
- Cyanocobalamin is a B12 molecule bound to a **toxic cyanide molecule**. Too much Cyanocobalamin can be toxic.
- The Cyanocobalamin form of B12 is not used efficiently by the body, mostly excreted out of your body in about 5 hours.

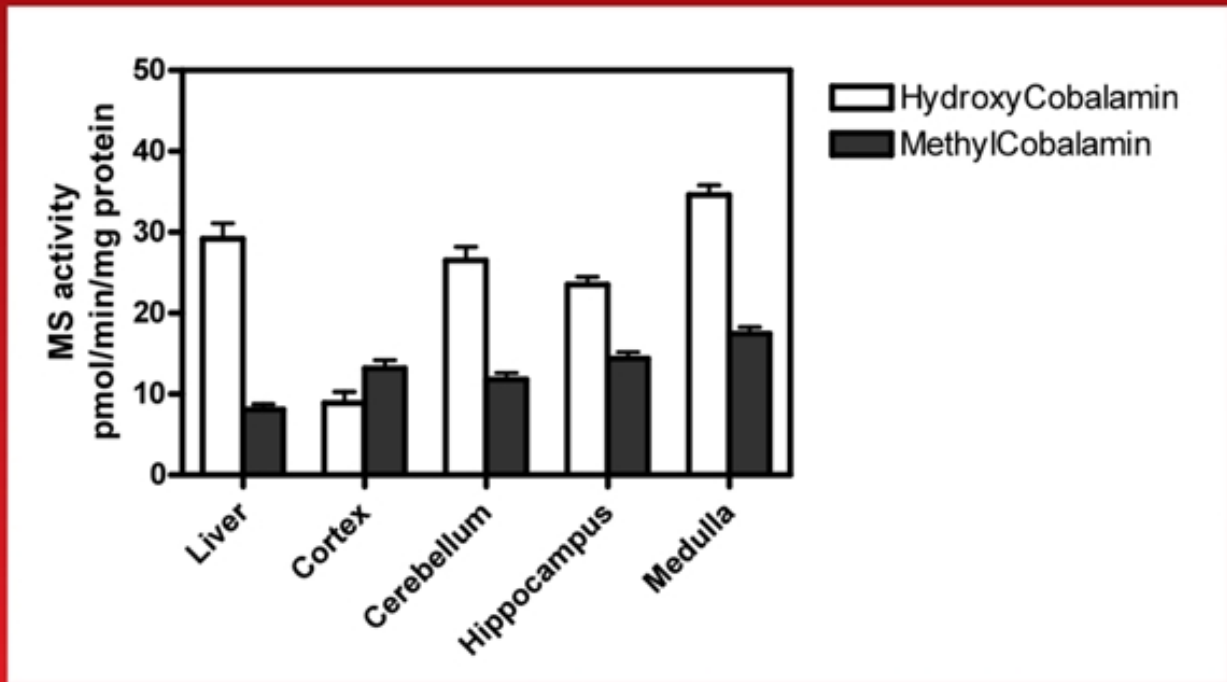
### **Methylcobalamin (BETTER)**

- Methylcobalamin may interfere with the body's natural methyl transfer from folate to cobalamin resulting in impaired DNA replication.

### **Hydroxycobalamin (THE BEST)**

- Hydroxycobalamin is not Intrinsic Factor dependent as is Methyl-B12. Hydroxy B12 can also bind to plasma proteins offering greater absorption and transportability, as well as increased availability in circulation.
- Hydroxy B12 stays active in the body for 5 days or more!
- Hydroxy B12 is the only form of B12 which detoxifies cyanide and unregulated Nitric Oxide which can become pro-inflammatory. Unregulated Nitric Oxide is in fact the hallmark of inflammation.
- Hydroxycobalamin is the only form of Vitamin B12 which can penetrate the Mitochondria.
- Hydroxy B12 makes more AdenosylCobalamin (the other active form of B12) than any other form of B12.

## Your Brain and Liver prefer HydroxyCobalamin (B12)



Data adapted from Richard Deth, Ph.D., Northeastern University

### It's Worth Repeating...

**Ola Loa Sublingual B12 (*HydroxyCobalamin*) is the "mother" of all B12's**—typically available only through a Nutrition Medical Doctor. It is the body's preferred form of vitamin B12, and is referred to as the "natural transport factor" for Cobalamin. Simply stated, **Ola Loa's Hydroxy B12 provides greater absorption and better utilization than any other form of B12**

### Supplement Facts

Each Tablet of Ola Loa B12 Contains

Ingredient

amount per tablet

% Daily Value

Vitamin B-12 (as Hydroxycobalamin)

1000 mcg

16667

Folic Acid

1000 mcg

250

INGREDIENTS: Mannitol, Maltodextrin, Natural Cherry Flavor, Natural Raspberry Flavor,  
Cellulose, Stearic Acid, Modified Cellulose (Accerate), Silicone Dioxide, Stevia

