



How much increased bio-availblity from liposomal form of B-12

Liposomal B12 supplementation significantly increases bioavailability compared to conventional oral forms. Case series and clinical reports show:

- A median increase in B12 blood levels of approximately **54.7% after one week, 105.5% after one month, and 270% after two months** when using liposomal B12 sublingually (1,000 mcg/day methylcobalamin). ^{[1] [2]}
- This effect has been observed consistently, regardless of lifestyle, age, or medication. ^[2]
- The key bioavailability advantage is the protection of B12 from degradation in the digestive system, allowing more direct and efficient absorption and delivery to the bloodstream. ^{[3] [4]}

While these percentage increases refer to serum B12 level improvements within the same individuals over time, direct, head-to-head clinical comparisons between liposomal and standard oral B12 forms in controlled trials are limited. Available evidence strongly suggests that **liposomal B12 yields higher and faster increases in circulating B12 levels**, especially in individuals with absorption challenges. ^{[4] [3] [2]}

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1. <https://www.oatext.com/evaluation-of-liposomal-b12-supplementation-in-a-case-series-study.php>
2. <https://www.doctorsformulas.com/en/category/newsposts/κλινική-μελέτη-λιποσωμακήσ-βιταμινησ-β12-αποτελεσματα.htm>
3. <https://pmc.ncbi.nlm.nih.gov/articles/PMC10347199/>
4. <https://sunnywithin.com/blogs/the-bright-spot/liposomal-vitamin-b12>
5. <https://ods.od.nih.gov/factsheets/VitaminB12-HealthProfessional/>
6. <https://pmc.ncbi.nlm.nih.gov/articles/PMC5872098/>
7. <https://www.frontiersin.org/journals/nutrition/articles/10.3389/fnut.2024.1493593/full>
8. <https://clinicaltrials.gov/study/NCT06966856>
9. <https://cymbiotika.com/products/b12>
10. <https://www.aafp.org/pubs/afp/issues/2006/0101/p65.html>