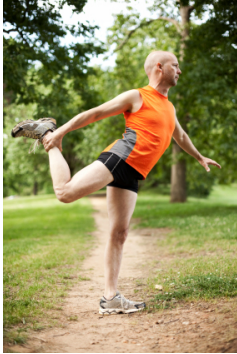


## The MISSING Vitamin for Strong Bones and Joints

Jesse Cannone

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When it comes to strong bones, you're probably aware that you need calcium and vitamin D. Some may even know that vitamin K plays an equally important role.

And as far as joint health is concerned, you've probably heard about chondroitin, glucosamine and maybe even MSM — all of which *are* important for healthy joints.

Few are aware, however, that vitamin B12 is also a key player for strong bones and joints — and consequently many may be completely *lacking* in this water-soluble vitamin.

### Vitamin B12: THE Vitamin for Strong Bones and Joints

Vitamin B12 is often touted as an energy booster, but it does far more for your health than that. Vitamin B12 is a key player in your body's nerve and blood cell health, and it also helps to make DNA and prevent a certain type of anemia that can make you very weak.

Vitamin B12 is also known to help lower homocysteine, high levels of which are linked to dementia, heart attack and stroke. What is often overlooked? Vitamin B12 is also crucial for your bones and joints. Consider:

- Vitamin B12 deficiency is linked to low bone mineral density in men and women, and has been called an “important modifiable risk factor for osteoporosis”<sup>[i]</sup>
- Supplementing with vitamin B12 and folate may reduce the risk of hip fractures in elderly people<sup>[ii]</sup>
- A case report from Harvard-affiliated Massachusetts General Hospital concluded that a 62-year-old man's severe joint pain and other symptoms, including trouble walking, were due to lack of vitamin B12<sup>[iii]</sup>

### Vitamin B12 is Difficult to Absorb: Are You Getting Enough?

Vitamin B12 is found in animal foods like meat, poultry, eggs, fish and dairy products, which is why vegetarians and vegans are at a high risk of deficiency. However, vitamin B12 also requires a two-step process to be absorbed by your body, and some people have difficulty absorbing. This includes people over 50, many of whom don't have adequate hydrochloric acid in their stomach, which is necessary for proper absorption of vitamin B12 from foods.

Those with digestive disorders (celiac disease, Crohn's disease, etc.) or who have had weight loss surgery or other gastrointestinal surgery may also have trouble with absorption.[iv] Certain medications, including proton pump inhibitors, certain antibiotics, and the diabetes drug Metformin may also interfere with your body's absorption or use of vitamin B12.

The end result is that, even though animal products are commonly consumed in the United States, many Americans are deficient in vitamin B12, putting their bones and joints at risk. It's estimated that anywhere from 1.5 percent to 15 percent of U.S. adults suffer from vitamin B12 deficiency, many without knowing.

As reported in the journal *Nutrients*:<sup>[v]</sup>

“Vitamin B(12) deficiency is common, mainly due to limited dietary intake of animal foods or malabsorption of the vitamin. Vegetarians are at risk of vitamin B(12) deficiency as are other groups with low intakes of animal foods or those with restrictive dietary patterns.

Malabsorption of vitamin B(12) is most commonly seen in the elderly, secondary to gastric achlorhydria. The symptoms of sub-clinical deficiency are subtle and often not recognized. The long-term consequences of sub-clinical deficiency are not fully known but may include adverse effects on pregnancy outcomes, vascular, cognitive, bone and eye health.”

As for how much is recommended, adults are advised to get 2.4 micrograms of vitamin B12 daily. According to Harvard Health Publications:<sup>[vi]</sup>

**“If you are over age 50, the Institute of Medicine recommends that you get extra B<sub>12</sub> from a supplement, since you may not be able to absorb enough of the vitamin through foods.”**

### **Exceed Your Daily Requirement of B12 PLUS 10 Other Key Nutrients for Bone and Joint Health**

The beauty of getting your nutrients from whole foods is that they are combined with other key nutrients that work synergistically to optimize your health. So, too, is the case with [Super Joint Support®](#), a brand new, all-natural formula that spent nearly a year in development alone.

Super Joint Support® contains 250 mcg of vitamin B12, useful for correcting low levels, *along* with other natural ingredients proven to support your bones and joint health. This includes vitamins D and K2 for optimal bone health *plus*:

- Hydrolyzed collagen type II, which improves joint comfort and mobility

- Methylsulfonylmethane (MSM), which contains a naturally occurring form of sulfur in the human body, which helps provide the raw material for cell creation and repair
- Chondroitin sulfate, which is essential for the structure and healthy function of your connective tissue, and is naturally found in the cartilage around your joints
- Glucosamine, which is found naturally throughout your body, but especially in your cartilage

... and much, much more. If you want relief from joint pain or you want to be proactive in supporting your bone and joint health, you want to cover all of your bases.

Vitamin B12 is a great start, but Super Joint Support gives you B12 plus 10 other supportive nutrients for the ultimate in bone and joint care.

**[Learn More about Super Joint Support® Right Now!](#)**

[i] *J Bone Miner Res.* 2005 Jan;20(1):152-8.

[ii] *JAMA.* 2005;293(9):1082-1088.

[iii] *N Engl J Med* 2012; 366:1626-1633

[iv] National Office of Dietary Supplements, Vitamin B12, QuickFacts

[v] *Nutrients.* 2010 Mar;2(3):299-316.

[vi] Harvard Health Publications January 10, 2013

