

The best time of day to take vitamin B12

To maximize the potential of your supplements, timing is important. Here's what a nutritionist has to say about the best time to take vitamin B12.

The red blood cells that run through your veins, the protective layer that surrounds your nerve fibers, and the genetic information tightly packed inside each cell all depend on one important nutrient: **vitamin B12** . However, not everyone gets enough of this essential vitamin. This is especially common in older adults, people who follow a vegetarian or vegan diet, and people with certain digestive disorders. If you fall into one of these groups, you may be advised to take a **vitamin B12 supplement** .



However, to maximize the potential of a supplement, the timing of taking it plays an important role in its tolerability. Here is what a nutritionist has to say about **the best time to take vitamin B12 for maximum absorption of this nutrient** .

Types of vitamin B12 supplements

You can find Vitamin B12 supplements in four different forms: cyanocobalamin, methylcobalamin, hydroxocobalamin, and adenosylcobalamin.

1. Cyanocobalamin: The most common, cost-effective, and stable form with a well-established safety and efficacy profile. It is produced synthetically and must be converted into active forms that the body can easily use.
2. Methylcobalamin: An active form derived from animals that is easily used by the body.
3. Hydroxocobalamin: Usually given by injection, this form of vitamin B12 stays in the blood longer and is used to treat severe deficiency.
4. Adenosylcobalamin: An active form naturally found in mitochondria (the cell's powerhouse) and involved in energy production. However, it is less common and has not been as well studied as the other forms.



Dosage and route of administration should be individualized and adjusted as laboratory levels change. For people with malabsorption problems, intramuscular injections of B12 may be needed. For others, oral B12 supplements can be effective in increasing vitamin B12 levels and are often much less expensive.

Oral B12 supplements come in a variety of forms, with options ranging from tablets and sprays to drops taken under the tongue. Studies have shown no difference in effectiveness between them.



Best time to take vitamin B12

Although research has not determined the exact timing for optimal vitamin B12 absorption, taking vitamin B12 supplements before breakfast is often recommended.

You finished reading the article "**The best time of day to take vitamin B12**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.