

FREE Report on Vitamin B12 and B12 Oral Adaptogen Spray
By Orville Campbell, MD – The Adaptogen Doctor

New Adaptogenic Herbal Spray Technology – A Secret Revealed

This technology allows you to use the buccal mucosa (lining of the mouth) to spray b12 and other adaptogens and get **instantaneous or immediate absorption**. The mucosa has hundreds of thousands or even millions of **blood vessels** where the fine mist containing the b12 or other adaptogens can rapidly be taken up. Wow, What a Concept. We will start to see the disappearance of many pills, capsules and liquids as spray technology is applied to other things. One example is that spray nitroglycerin is preferred over nitroglycerin tablets for people with heart disease experiencing acute **chest pain**.

Tunguska Mist Mocha Blast: A rich mocha taste with a powerful energy blend of adaptogens, **vitamin b12** and caffeine. **Mocha Blast contains 1250 mcg of b12**. Still, this spray also contains 5 mg of Niacin. **Super Adaptogen** ingredients include: **Eleutherococcus, Rhodiola, Schizandra, Aralia, Rhaponticum, Crataegus, Sorbus, Viburnum, Iconotus, and Glycyrrhiza.**

What is Vitamin B12? Why do we Need It?

B-12 is a water-soluble vitamin (versus the fat soluble vitamins: A, D, E, and K). It is necessary for the proper functioning of the nervous system and helping the body to make blood. This vitamin is known for the energy and vitality it imparts to individuals who take it. For this reason, thousands of individuals elect to get shots or injections. But are shots necessary when there is a sublingual (dissolved under the tongue) alternative? This issue will be discussed below. B12 is sometimes referred to as Energy in a Bottle! Its source is chiefly from dairy products and meats.

Vitamin b12 Deficiency

A deficiency or lack of may lead to anemia and problems with the sensation of vibration. Anemia can make one continually tired or fatigued and even crave things such as clay or ice. Your energy is depleted!

B-12 deficiency is also associated with dementia and mood swings or other mood disorders. A significant deficiency could possibly alter your pap smear results. Excessive alcohol intake, chronic stomach diseases, strict vegetarianism, or any chronic poor absorption states places one at increased risk for deficiency. Also, recent research suggests that diabetics on a certain medication may be at increased risk for deficiency. If you are a diabetic, discuss this very important issue with your health care provider. Finally, the older we get, the greater the risk of deficiency. Individuals over the age of 65 may be at greatest risk.

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Vitamin b12 injections (shots) vs Sublingual b12

It is no secret in the medical community that swallowing a vitamin b12 pill and depending on full absorption from the gut is unreliable. For this reason shots and sublingual routes are the more popular ways of getting b12 in your body. Shots can be painful. So, are shots really necessary? In some unusual cases yes, but for most people shots are not necessary. Under your tongue are numerous blood vessels. That is why medicines taken sublingually can gain rapid access to the blood stream. This rapid access to the blood stream can lead to a rapid increase in the level of a medicine. If you don't believe me, ask the patient with heart disease who develops chest pain if sublingual nitroglycerin works.

Vitamin b12 can gain rapid access to the blood via the sublingual route. So leave behind painful and expensive injections. Do have your health care provider check your b12 levels to monitor if you are staying in a mid-range targeted level. Get a quality supplement with has little artificial flavoring and fillers as possible. Start enjoying the benefits without the painful shots.

Vitamin B12 - Top 10 Benefits

#1

B12 **helps your bone marrow to make blood**. It also helps your body to maintain your red blood cell count, thus preventing anemia. Anemia can cause fatigue or poor energy and cravings for certain things such as ice.

#2

This vitamin has been called **energy** in a bottle; because, it imparts energy, stamina, and vitality to those who take it. For best results/absorption, one should take b12 with other B complex vitamins, such as B1 (Thiamin), B2 (Riboflavin), B3 (Niacin), and B6 (Pyridoxine).

#3

B12 helps to keep the **nervous system healthy**. It allows the nerves of the body to function and communicate in an optimal manner. Your sense or feeling **vibration** is facilitated by this vitamin. It also helps to support the body's **cognitive (thinking)** processes such as memory, mental clarity, and concentration. Furthermore, it helps to support a healthy mood or feeling of well-being

#4

B12 applied to the skin (topically) may improve certain skin diseases such as atopic dermatitis.

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#5

This supplement can be taken several ways: under the tongue (sublingual) for a rapid increase in the level of this vitamin, liquid form, pill form, or even as an injection which can also lead to a rapid increase in the vitamin's level.

#6

For individuals with kidney disease and on **erythropoietin** (a medicine to prevent significant anemia), it can help to make the erythropoietin more effective. Therefore, less medicine may be required.

#7

It is helpful in protecting an unborn child from developing birth defects such as those defects affecting the spine.

#8

It can help in certain cases of poisoning. A form of B12 called **Hydroxocobalamin** can be used as an antidote for cyanide poisoning. It complexes with and thus neutralizes cyanide.

#9

It provides support to the **immune system** and promotes proper functioning.

#10

B12 has been shown to lower **homocysteine** levels. An elevated homocysteine level has been associated (not causal) with heart disease, diabetes, and Alzheimer's dementia. This implication is very exciting and promising.

Order Your B12 Adaptogen Spray Now!

Also, See other Adaptogenic Herbal Sprays to Help with Sleep, Pain, Immune System, Energy, Physical Endurance and Stress Management!

www.TunguskaMist.info

To Your Health,

Orville Campbell, MD – The Adaptogen Doctor