
A memo from the desk of Dr. Rody

Dr. Rody Hawkins, Ph.D.

Re: What is Vitamin B-12?

Vitamin B-12, also known as Cobalamin, is a complex group of vitamins with a core unit of cobalt. This vitamin group is the most complex of the B-Vitamins. Vitamin B-12 is almost exclusively found in meat and animal products. Many energy drinks and bars like to boast about the high presence of Vitamin B-12 that is added to their products. However, there are some problems with this supplementation:

- Because of the complexity of Vitamin B-12, it is not very stable outside of its protein structure found in animal products. Therefore, the formation of a stable, non-animal supplement is very complicated.
- The primary way to produce a Vitamin B-12 Supplement is to bind the Cobalamin to Cyanide to form Cyanocobalamin. Yes, this is the Cyanide that is poisonous in high levels. Most research suggests that normal supplementation of Vitamin B-12 via the Cyanocobalamin is safe. Little research has been conducted on high levels of Cyanocobalamin supplementation.
- One reason given for the low toxicity of the supplementation of Cyanocobalamin is the poor absorption of the vitamin supplement in the digestive tract of humans. Thus, increased levels are probably needed just to absorb the recommended daily intake.

The Synergy Stick has none of these problems. The meat protein is readily absorbed through the digestive tract; meat is almost completely digestible. These meat proteins protect and carry the natural form of Vitamin B-12 to the body. There is no spike in Vitamin B-12 or low absorption; it is there and at the appropriate level! As the vitamin is released from the protective proteins, it is right where you need it for energy production, cellular metabolism, DNA synthesis, and other chemical reactions to maintain life. This energy release will occur for a long period of time.

Rody