Questions always arise about the long-term safety for the use of methyl-B_{12}

Is Methyl-B_{12} Safe To Use At High Doses?

And Is Methyl-B_{12} Safe To Use For Years?

It is important to note that B_{12} has been used for years at high doses to treat pernicious anemia without problems

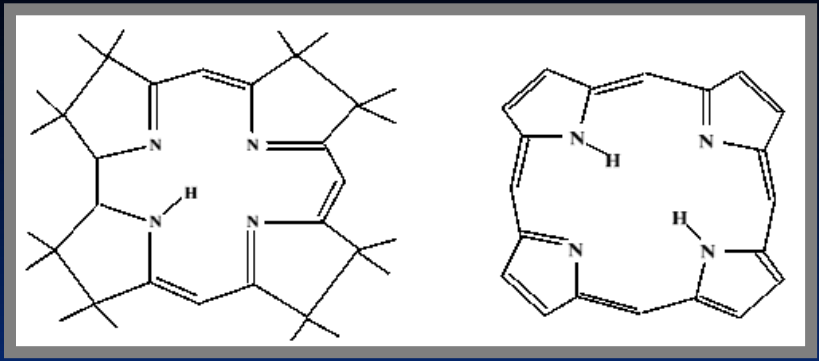
Is The Cobalt In Methyl-B_{12} Safe Or A Toxic Metal?

CONSIDER THIS

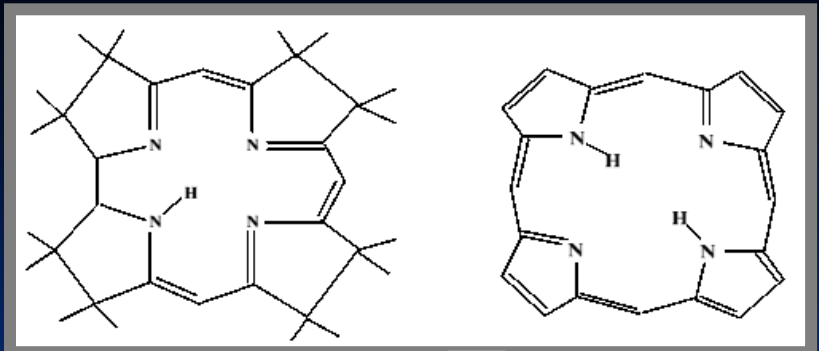
When the Census Bureau takes the census, it includes prisoners

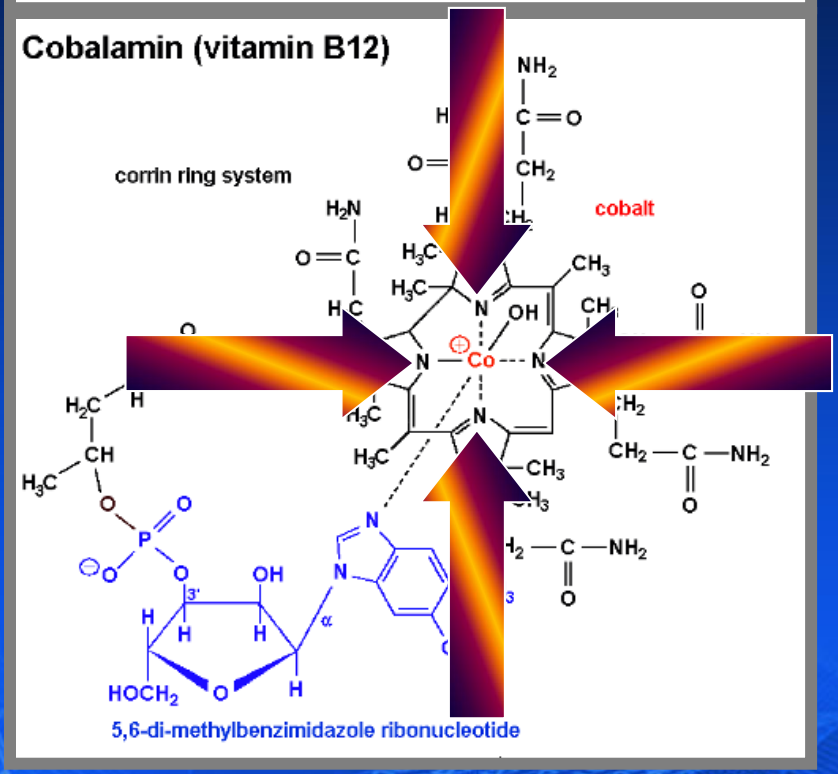
But The Prisoners

Can't Hurt Anyone!



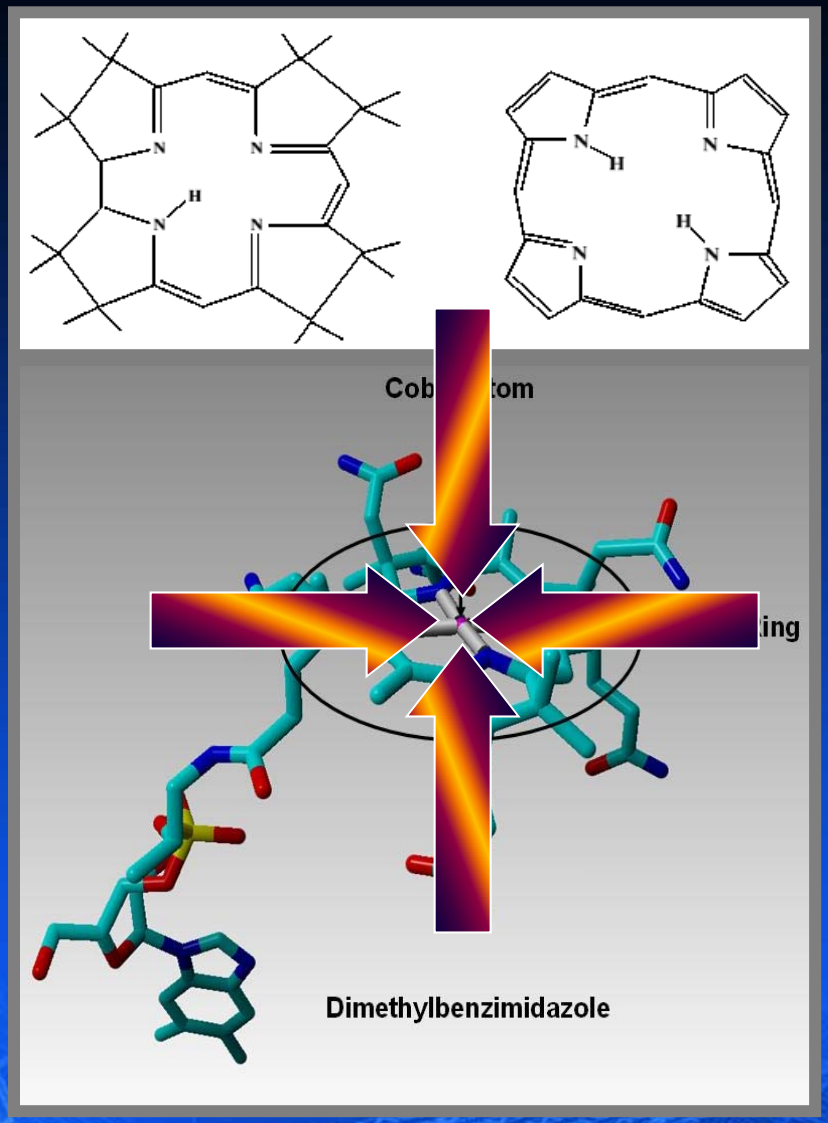
The corrin ring is in the center of the B_{12} molecule





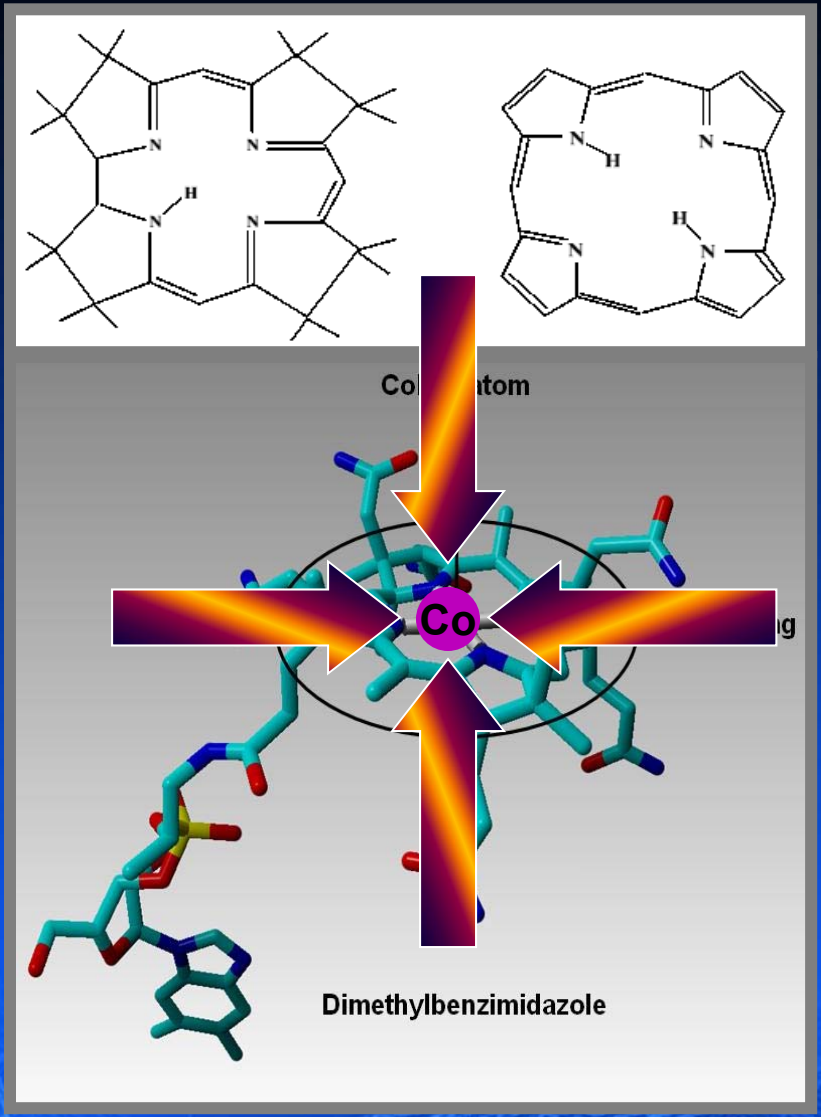
The corrin ring is in the center of the B_{12} molecule

And an atom of ***cobalt is tightly bound*** at the center of the corrin ring in the large vitamin B_{12} molecule



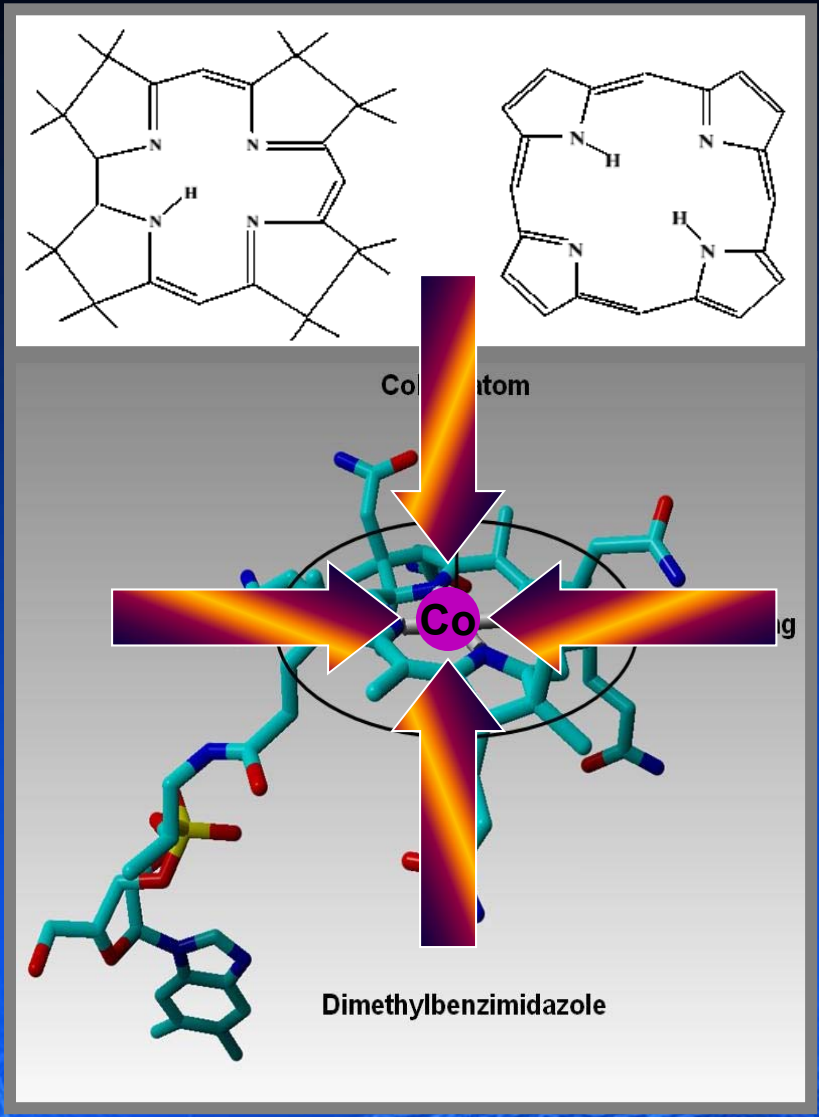
As shown here by its

THREE DIMENSIONAL MODEL



As shown here by its

THREE DIMENSIONAL MODEL



THEREFORE

COBALT

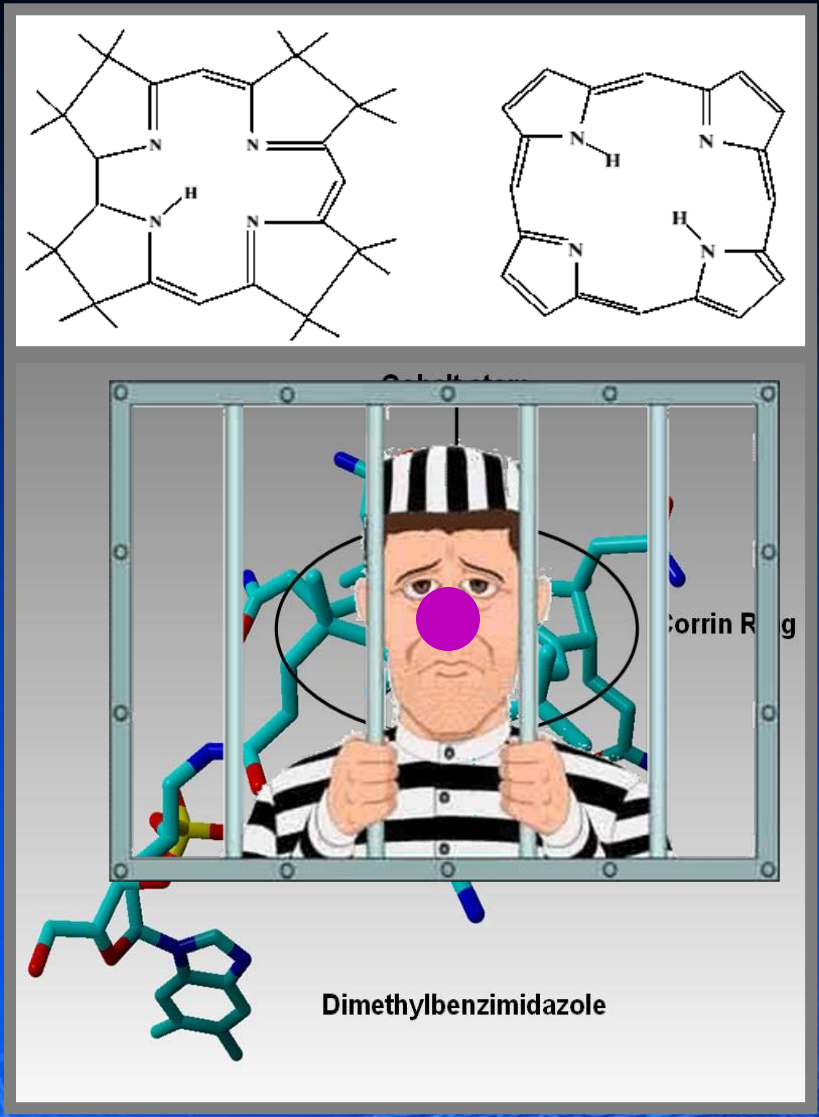
is locked up tight in the

PRISON

of the corrin ring of the

B_{12} MOLECULE

and therefore can't get out to hurt anyone!



THEREFORE

COBALT

is locked up tight in the

PRISON

of the corrin ring of the

B_{12} *MOLECULE*

anymore than a prisoner can hurt you!

Therefore It Is Important To Always Remember

Just As Prisoners Can't Get Out And Hurt Anyone

Neither Can Cobalt Get Out And Hurt Your Child!

Therefore the answer to the common questions about methyl-B_{12} is that it is safe to use at high doses for years