

Vitamin B12 (cyanocobalamin)

Dosage Forms¹

Oral OTC Various suppliers Products approved by Health Canada are listed at http://www.hc-sc.gc.ca/dhp-mps/prodnatur/applications/licen-prod/lnhpd-bdpsnh-eng.php	Capsules	100 mcg
	Fast-dissolving strip	1000 mcg/strip
	Liquid	10 mcg/mL, 50 mcg/mL, 1000 mcg/mL
	Tablets	100 µg, 250 mcg, 1000 mcg
	Sustained release tablet	1200 mcg
	Sublingual tablet	1000 mcg
Parenteral Ethical (usually prescribed by physician but prescription not legally required) Suppliers: Cytex, Sandoz	Injectable solution	100 mcg/ml – 1 ml amps 1000 mcg/ml – 1 ml amps, Multidose vial 1000 mcg/ml - 10 & 30 ml vials For information on use of multidose vials for more than one patient, see http://www.cdc.gov/injectionsafety/providers/provider_faqs_multivials.html

- Oral B12 can be substituted for intramuscular B12 injections in most patients able to take medication by mouth.
- Adults: 1000 to 2000 mcg oral B12 daily appears as effective as B12 IM injections in improving hematologic and neurologic outcomes.²
- Pediatric: Oral B12 up to 1000 mcg daily as alternative to parenteral therapy.³
- Immediate release tablets can be crushed and administered via enteral feeding tube.

References:

1. e-CPS [Internet]. Ottawa (ON): Vitamin B12. CPhA general monograph. Available from: <http://www.e-cps.ca>. Also available in paper copy from the publisher. Accessed April 2012.
2. Vidal-Alaball J, Butler C, Cannings-John R, et al. Oral vitamin B12 versus intramuscular vitamin B12 for vitamin B12 deficiency. Cochrane Database Syst Rev. 2005 Jul 20;(3):CD004655.
3. Lederle FA: Oral cobalamin for pernicious anemia: medicine's best kept secret?. JAMA 1991; 265:94-95.

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