

The word [“sublingual”](#) literally means “under the tongue.” It refers to a method of administering substances in the mouth so that they can dissolve and be rapidly absorbed into the blood vessels. The substance is absorbed through the buccal (cheek) mucosa and into the sublingual vein where it has direct access to the blood circulation and is then carried throughout the whole body. Medical science has been using this method for years in the administration of cardiovascular drugs, steroids, and some barbiturates. The sublingual method has been life-saving for individuals who have had to rely on its speed and efficiency during times of critical emergency.

Under “normal” circumstances, when B-12 vitamin enters your body in the stomach (with oral pills for instance or in usual dietary intake), acids in the stomach separate the B-12 from its protein source. It then must combine with intrinsic factor cells in the stomach. This then is absorbed normally via the last part of the small intestine (terminal ileum). This absorbed complex is then transported via blood plasma and stored in the liver. Persons who have severely active inflammation of the last part of the small bowel or who have had this segment of intestine removed, cannot absorb B12 from their intestine and eventually will become depleted over time. The sublingual B12 preparations can be absorbed as noted above.

Sublingual B12 supplements can be obtained from any local pharmacy or natural food store. They come in a variety of strengths: a minimum of 100 micrograms should be taken daily.