PERQUE B12 Guard and PERQUE Vessel Health Guard are 100% bioavailable.

PERQUE pioneered hydroxocobalamin use because hydroxocobalamin converts to methylcobalamin – seamlessly, locally as needed and used up within seconds. Local needs safely determine the speed of methylcobalamin synthesis. Hydroxocobalamin is also easily converted to adenosylcobalamin, a form of B12 preferred by mitochondria while methylB12 is not cross converted.

Methylcobalamin is uniquely able to convert metallic mercury to methylmercury, a more toxic form. PERQUE avoids this adverse event by using hydroxocobalamin, nature’s preferred B12 form that does not have the adverse effect.

A recent 12 week study conducted by the M.I.N.D Institute on the effect of methylcobalamin in 30 autistic children showed that methylcobalamin is statistically ineffective in treating behavioral symptoms of autism. A subset of nine subjects, however, showed positive behavioral changes confirming that methylation may be important in a subgroup of those with autistic spectrum disorders (ASD).

Hydroxocobalamin has a half-life of days and is converted locally to methylcobalamin as needed. Methylcobalamin has a very short half-life, measurable in minutes to hours. Peer reviewed literature (see below) confirms that the sublingual mucosa takes up 100% of water-soluble small molecules such as folate, B6 and hydroxocobalamin. PERQUE B12 Guard and PERQUE Vessel Health Guard are clinically equivalent to a comparable injection. Peer reviewed reports confirm full mucosal uptake. PERQUE’s research is also confirmed by abundant spontaneous reports from PERQUE clients and clinicians.
References and Resources


Studies showing effectiveness of hydroxocobalamin and folinate for homocysteine reduction in cardiovascular health


