

methylcobalamin (vitamin B12)

Pronunciation: METH il koe BAL a min

Brand: Methyl B-12

What is the most important information I should know about methylcobalamin?

Follow all directions on your medicine label and package. Tell each of your healthcare providers about all your medical conditions, allergies, and all medicines you use.

What is methylcobalamin?

Methylcobalamin is a form of vitamin B12. Vitamin B12 is important for the brain and nerves, and for the production of red blood cells.

Methylcobalamin is used to treat vitamin B12 deficiency. This medicine is sometimes used in people with pernicious anemia, diabetes, and other conditions.

Methylcobalamin may also be used for purposes not listed in this medication guide.

What should I discuss with my healthcare provider before taking methylcobalamin?

You should not use methylcobalamin if you are allergic to vitamin B12 or cobalt.

Tell your doctor if you have ever had:

- Leber's disease or other form of optic nerve damage;
- an iron or folic acid deficiency; or
- low levels of potassium in your blood.

Tell your doctor if you are pregnant or breast-feeding.

Do not give this medicine to a child without medical advice.

How should I take methylcobalamin?

Use exactly as directed on the label, or as prescribed by your doctor.

You may also consult the Office of Dietary Supplements of the National Institutes of Health, or the U.S. Department of Agriculture (USDA) Dietary Reference Intakes (formerly "Recommended Daily Allowances") listings for more information.

Your dose needs may change if you become pregnant, if you breast-feed, or if you eat a vegetarian diet. Tell your doctor about any changes in your diet or medical condition.

Do not swallow a **lozenge** or **sublingual tablet** whole. Allow it to dissolve in your mouth without chewing. The sublingual tablet should be placed under your tongue.

Store at room temperature away from moisture and heat.

What happens if I miss a dose?

Take the medicine as soon as you can, but skip the missed dose if it is almost time for your next dose. **Do not** take two doses at one time.

What happens if I overdose?

Seek emergency medical attention or call the Poison Help line at 1-800-222-1222.

What should I avoid while taking methylcobalamin?

Avoid drinking large amounts of alcohol. Heavy drinking can make it harder for your body to absorb methylcobalamin.

What are the possible side effects of methylcobalamin?

Get emergency medical help if you have **signs of an allergic reaction**: hives; difficult breathing; swelling of your face, lips, tongue, or throat.

Common side effects may include:

- nausea, vomiting, diarrhea;
- loss of appetite; or
- headache.

This is not a complete list of side effects and others may occur. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

What other drugs will affect methylcobalamin?

Tell your doctor about all your other medicines, especially:

- chloramphenicol;
- oral diabetes medicine that contains metformin; or
- medicines that reduce stomach acid, such as cimetidine, omeprazole, lansoprazole, Nexium, Prevacid, Prilosec, Zantac, and others.

This list is not complete. Other drugs may affect methylcobalamin, including prescription and over-the-counter medicines, vitamins, and herbal products. Not all possible drug interactions are listed here.

Where can I get more information?

Your pharmacist can provide more information about methylcobalamin.

Remember, keep this and all other medicines out of the reach of children, never share your medicines with others, and use this medication only for the indication prescribed.

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