



Companies Selling Popular Sublingual Liposomal B-12 1,000 mcg Methylcobalamin Supplements

Several reputable companies offer **sublingual liposomal B-12 supplements** containing **1,000 mcg of methylcobalamin** per serving. Here are the most popular brands and their products:

Premium Liposomal Brands

Quicksilver Scientific offers one of the most well-regarded products in this category. Their **Methyl B-12** liposomal supplement provides exactly **1,000 mcg of methylcobalamin per serving** (2 pumps). The product features their proprietary **Quicksilver Delivery Systems (QDS)** technology, which uses small, stable liposomes (20-100 nanometers) for enhanced absorption. The supplement is designed for sublingual use - you hold it in your mouth for 30-90 seconds before swallowing.^[1]

Designs for Health produces **Liposomal Methyl B12** using their proprietary LipoCelle technology. While their standard formulation provides **500 mcg per spray**, they also offer a **1,000 mcg version**. This product is specifically formulated for sublingual delivery, requiring you to spray directly into the inner cheek or under the tongue and hold for 30 seconds.^{[2] [3]}

Codeage manufactures **Nanofood Liposomal Vitamin B12** with **1,250 mcg of methylcobalamin per serving**. Their product uses liposomes made from non-GMO sunflower oil and lecithin, delivered through a convenient pump system with mixed berry flavor.^[4]

Established Supplement Companies

LivOn Laboratories (known for their Lipo-Spheric line) offers **B-Complex Plus** which contains **50 mcg of B12 as methylcobalamin**. While this is lower than the 1,000 mcg target, they use their patented liposomal encapsulation technology that has been clinically tested since 2004.^{[5] [6] [7]}

Aurora Nutrascience produces several **liposomal B-complex formulations** that include methylcobalamin, though their focus is more on comprehensive B-vitamin blends rather than isolated high-dose B12.^{[8] [9]}

Traditional Supplement Brands with Sublingual Options

Solgar offers **Methylcobalamin B12 1,000 mcg Nuggets** designed for sublingual use. While not technically liposomal, these fast-dissolving sublingual tablets provide the methylcobalamin form and dosage you're seeking.^{[10] [11]}

NOW Foods produces **Methyl B-12 1,000 mcg Lozenges** and **Vitamin B-12 Liposomal Spray** (though this contains cyanocobalamin rather than methylcobalamin).^{[12] [13]}

Doctor's Best manufactures **Fully Active B12** in both **1,500 mcg capsules** and **5,000 mcg chewable tablets**, using methylcobalamin as the active form. ^[14] ^[15] ^[16]

Specialized Manufacturers

Biocyte offers **Liposomal Vitamin B12 500 µg** using methylcobalamin, though at half the target dose. ^[17]

LipoCellTech produces **Liposomal Vitamin B12** with **250 mcg of methylcobalamin per capsule**, designed for enhanced bioavailability. ^[18]

Bioavailability Considerations

Research indicates that **liposomal delivery systems significantly enhance B12 absorption** compared to traditional oral supplements. A clinical study found that **nanoparticle formulations** of methylcobalamin showed superior absorption profiles compared to standard tablets, emulsions, or even conventional liposomes. The study demonstrated that a **1,000 mcg nanoparticle B12 formulation** was bioequivalent to a **5,000 mcg chewable tablet**. ^[19]

Methylcobalamin is preferred over cyanocobalamin because it's the bioactive form that doesn't require conversion in the body. For individuals with absorption issues, genetic polymorphisms, or gastrointestinal conditions, the **combination of liposomal delivery with sublingual administration** may provide optimal bioavailability by bypassing digestive barriers. ^[20] ^[19]

When selecting a product, consider factors such as **third-party testing, manufacturing standards** (GMP certification), **ingredient purity**, and **delivery system quality**. **Quicksilver Scientific** and **Designs for Health** are generally considered premium options with robust scientific backing, while **Solgar** and **NOW Foods** offer more budget-friendly alternatives with proven track records.



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