

# Vitamin B (with Vit C)

## Clinical Cases

# Vitamin B with Vit C – Clinical Cases

- Child with Autism
- High B12 level in Blood
- Low Hair Cobalt
- ? B12 not converted to Methyl B12
- Tx give Methyl B12
- Neubrandner

# Vit B with Vit C Clinical Cases

- Metabolic biomarkers of increased oxidative stress and impaired methylation capacity in children with autism
- *Neubrandner et al Am J Clin Nutr 2004;80:1611-7*
- Molecular Aspects of Thimerosal-induced Autism  
Thimerosal inhibits formation of Methyl B12
- *Deth, Richard (Thesis) 2005*

# Vit B with Vit C Clinical Cases

- 28 yr old Female, 6 mths CFS & FBM.
- All routine Bloods normal, FBE, Fe studies, TFT, LFTs, U&Es,
- Elevated lactate indicating dysfunction of Krebs cycle due to lack of Vit B's & other nutrients
- Tx modified Myer's cocktail incl. B complex, Vit C, Folic Acid, Mg<sup>2+</sup> & Trace elements
- "Vit B status in pts with CFS"  
Evidence of reduced functional Vit B status in CFS

*Heap et al J Royal Soc Med Vol 92 Apr 1999:183-185*

# Vit B with Vit C Clinical Cases

- High Performance Male Athlete 28 yrs
- History of tiredness, intermittent muscle weakness
- Agitation, cold skin, some confusion & drowsiness
- Non drinker, non smoker
- High energy drinks including caffeine & high sugar. Generally poor diet
- Numerous headaches
- ? diagnosis

# Vit B with Vit C Clinical Cases

- FBE – NAD
- VDRL & X-Rays normal
- Low Vit B1 levels

# Vit B with Vit C Clinical Cases

- Diagnosis Wernicke's encephalopathy
- Tx  
2 amps B-Dose Forte + 0.5 amp MgSO<sub>4</sub> + 5g IV C in 100mL 0.9% Saline over 30 mins TDS for 3 days then once daily for 5 days until clinical improvement ceases

# Vit B with Vit C Clinical Cases

- 60 yr old highly stressed male
- Freq Alcoholic bouts
- Long history of tiredness & delusions
- Appeared in clinic staggering but with no other obvious signs of alcohol intake
- High likelihood of Wernicke's Korsokoff syndrome
- Tx as per Previous case of Wernicke's



# Vit B with Vit C Clinical Cases

- Pt with toxic load of organophosphates and organochlorine compounds with elevated blood levels
- Liver Detox Pathways may be compromised
- Tx consists of IV with Vit C, Vit B, Folate, and IM Methyl B12
- IV Glutathione & Alpha Lipoic Acid

# Vit B with Vit C Clinical Cases

- Elderly Pt with Hyperhomocysteinaemia
- History of Gastritis and Ulcerative Colitis
- Multiple Nutritional Deficiencies
- Poor absorber
- Tx Injectable Folate, B-Dose Forte, Mg<sup>2+</sup>, Biotin, Methyl B12

# Vit B with Vit C Clinical Cases

- Pt Hx tiredness and chronic infections
- Muscle cramps
- Bleeding gums and poor wound healing
- Migraine headaches
- Multiple allergies
- Gastritis, moderate alcohol consumption
- Drinks 4-5 cups coffee per day
- Intermittent diarrhoea and constipation

# Vit B with Vit C Clinical Cases

- Immune dysfunction, possible sub-scorbutic
- Probable Mg deficiency
- Probable multiple B vitamin deficiencies
- Probable dysbiosis and compromised liver detox
- Tx – good candidate for Myer's cocktail
  - IVC, Mg, B complex, GSH