

CERTIFICATE

OF COMPLETION

Jeannie Blakemore Blakemore

*From Methylation to Mitochondria: An Update on the Functions,
Forms and Personalized Application of Vitamin B12*

In this 30 minute webinar, Dr Kelly Heim discusses the health requirements of vitamin B12, teaches how to assess B12 status and provides education on the differences between methyl-, adenosyl- and hydroxycobalamin, and how to select the right form and dosing protocol to meet individual needs

has completed the following course on 23rd October 2024

AWARDED BY



MICHELE WILTON

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