

Liquid B12

Formulated with Methylcobalamin

DESCRIPTION

Liquid B12 provides 1,000 mcg of highly bioavailable vitamin B12 and formulated with methylcobalamin in a tasty and convenient natural cherry-flavored liquid.

FUNCTIONS

Vitamin B12 is essential for normal metabolism of carbohydrates, fat and protein. As a cofactor for methylmalonyl-CoA mutase enzymes, vitamin B12 helps convert odd chain fatty acids and branched chain amino acids into succinyl-CoA, a common citric acid cycle intermediate. Vitamin B12 is also required for nucleic acid (DNA) synthesis, methionine synthesis from cysteine, and normal myelin synthesis in the nervous system. † Along with vitamin B6 and folic acid, adequate levels of vitamin B12 are required to maintain normal plasma homocysteine levels. Certain populations, including the elderly and strict vegetarians are often at risk for vitamin B12 deficiency, either due to low dietary intake or impaired absorption. Studies indicate that methylcobalamin, a coenzyme form of B12, may be better utilized and better retained in the body. Other studies indicate that methylcobalamin itself may play important roles in supporting neurological and immune health.†

INDICATIONS

Liquid B12 may be a useful nutritional adjunct for individuals who wish to increase their intake of vitamin B12.

FORMULA (#200159)

1 Dropper (1ml) Contains:

Vitamin B121,000 mcg

Purified water, natural glycerin, sodium benzoate, natural cherry flavor

SUGGESTED USE

Adults take 1 dropper (1 ml) daily or as directed by a healthcare professional.

SIDE EFFECTS

No adverse side effects have been reported.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

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† These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.

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