



## B12

### **B12 is a synergistic combination of Vitamin B12 and Folic Acid.**

B vitamins are important to proper circulatory function, for maintaining blood pressure within normal ranges, and preserving proper cholesterol and homocysteine levels.\*

Vitamin B12 supports nerve health by maintaining the fatty sheaths that cover and protect nerve endings.\*

Vitamin B12 has also been shown to enhance sleep patterns, allowing for more restful and refreshing sleep.\*

Vitamin B12 also benefits vegetarians who are often deficient due to dietary restrictions.\*

Folic Acid and Vitamin B12 are needed for the formation of red blood cells to help support capillary blood flow and is necessary to turn homocysteine into methionine, which allows the body to recycle or remove homocysteine as needed.\*

B12 provides 1,000 mcg of Vitamin B12 and 100 mcg of Folic Acid in each tablet for optimal absorption.

Methylcobalamin is the active form of B12. In fact, 80% of Vitamin B12 in plasma is in the methylcobalamin form. Folic Acid may help with fluctuating moods and anxiety and is needed for protein metabolism and repair of RNA and DNA.\*

B12 is completely vegetarian and comes in a pleasant-tasting cherry flavor.

### **Supplement Facts**

#### **Serving Size 1 Tablet**

#### **Amount Per Serving**

Vitamin B12 (as Methylcobalamin)	1000 mcg
Folic Acid	100 mcg

Other ingredients: sorbitol, microcrystalline cellulose, stearic acid, vegetable stearate, natural apricot flavor, natural cherry flavor, silica.

**Warning:** If pregnant or nursing, consult your healthcare practitioner before taking this product.

**Suggested Use:** As a dietary supplement, chew 1 tablet daily, or as directed by your healthcare practitioner.

Distributed by  
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02RV115.100

\*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.