

VITAMIN B12 SUBLINGUAL

1mg as Methylcobalamin and Adenosylcobalamin



V053

A high potency B12 supplement containing 500µg of methylcobalamin and 500µg of adenosylcobalamin; both are active forms of B12.

- Higher potency of 1000µg per tablet and beneficially contains active forms of B12.
- Most products on the market are cyanocobalamin, which needs to be enzymatically converted to the active forms in the body.
- Universally bio-effective and ideal for vegetarians and vegans.
- Methylcobalamin is used in methylation, adenosylcobalamin is used in the mitochondria.
- B12 in supplements does not need stomach acid/digestive enzymes to release it from protein. However, absorption of B12 from supplements still requires intrinsic factor (released from the parietal cells in the stomach) and then uptake is at the terminal ileum. Those with low intrinsic factor levels may fail to absorb B12. If presented in a sublingual form the absorption problems are overcome.
- Methylcobalamin may be indicated to provide 'methyl' groups and for people with specific genetic polymorphisms who do not recycle B12 effectively.

Product Information:

60 tablets = 60 days supply

Permitted Health Claims:

Vitamin B12 contributes to normal:

- Energy-yielding metabolism, functioning of the nervous system, homocysteine metabolism, psychological function, red blood cell formation, immune system function
- Vitamin B12 contributes to the reduction of tiredness and fatigue
- Vitamin B12 has a role in the process of cell division

Vitamin B 12

1 tablet provides on average:

Active Nutrient	Strength	%NRV+
Methylcobalamin	500µg	20,000
Adenosylcobalamin	500µg	20,000

+NRV = Nutrient Reference Value

* Indicates no NRV

Ingredients: Vitamin B12 (as methylcobalamin and adenosylcobalamin), dextrose, microcrystalline cellulose, stearic acid, silicon dioxide.

Suggested Intake: Place one tablet daily under the tongue until it is dissolved completely. Take as a food supplement or as directed by a practitioner.

Allergen Advice: None.

Contraindications: None.

Storage: Keep cool, dry & out of direct sunlight.



Suitable for:

Adults. Please note that this product is intended for short term use unless recommended by a doctor or practitioner.

Form:

Sublingual tablet

