Vitamin B12

Two Active Forms of B12

VITAMIN B PRODUCTS

Regular vitamin B12, or cyanocobalamin, must be absorbed and then converted by the body into an active form to be of use.* Due to genetic variations, some individuals may have trouble converting B12 to the active forms.*

Adenosylcobalamin, also known as dibencozide, is the active form of B12 that is used by the mitochondria, the energy powerhouse in each cell.* We offer this in our product **B12 Adenosylcobalamin**.

Methylcobalamin is the other main active form of B12. It is an key nutrient for an important process in the body called methylation, and methylcobalamin also plays a role in the regulation of the synthesis of glutathione. We offer it in our product **B12 Methylcobalamin**.

#76570 • B12 Adenosylcobalamin
60 vegetarian lozenges

#76560 • B12 Methylcobalamin
50 vegetarian lozenges

Key Features

- B12 Adenosylcobalamin provides the active form of B12 used by the mitochondria, the energy powerhouse in each cell*
- B12 Methylcobalamin provides the active form of B12 needed for methylation, and for regulation of glutathione synthesis*
- Both with folic acid, and in palatable lozenge form

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NSF GMP Registered

Vitamin B12

Cobalamin derives both its name and its notable red color from the mineral cobalt, which is at the core of its structure. Friendly intestinal bacteria in the human gut can make B12, and we also get it from animal foods, such as fish, meat, poultry, eggs, and milk products. It is not found in significant amounts in plant foods, except when artificially fortified.

Although the body can store vitamin B12 in the liver, deficiency may result from difficulties using B12. In food, B12 is bound to protein, and hydrochloric acid (HCl) in the stomach is required to release B12. Then B12 needs to combine with intrinsic factor (IF), a glycoprotein secreted by the stomach, to absorb into the bloodstream. Insufficient amounts of either HCl or IF may lead to inadequate levels of B12.* Additionally, vegetarians may require additional B12.

Vitamin B12 is essential for protein and DNA synthesis, which affects the growth and repair of all cells.* B12, alone or in combination with other B vitamins (especially folic acid), is important in the regulation of homocysteine levels.* Signs of vitamin B12 deficiency include weakness, loss of appetite, loss of taste and smell, irritability, memory impairment, and tingling and numbness.*

B12 Adenosylcobalamin • #76570

Supplement Facts

Serving Size	1 Lozenge
Servings Per Container	60
Amount Per Serving	**% Daily Value***
Folate (as 200 µg Folic Acid) 333 µgDFE	83%
Vitamin B12 (as Adenosylcobalamin) 3000 µg	125,000%

* Percent Daily Value are based on a 2000 calorie diet.

Other ingredients: Sorbitol, stearic acid, cellulose, silicon dioxide, croscarmellose sodium, magnesium stearate.

Suggested Use: As a dietary supplement, adults place 1 lozenge daily under the tongue 30 seconds before swallowing, or as directed by a healthcare professional.

B12 Methylcobalamin • #76560

Supplement Facts

Serving Size	1 Lozenge
Servings Per Container	50
Amount Per Serving	**% Daily Value***
Vitamin C (as ascorbic acid) 50 mg	56%
Folate (as 400 mcg Folic Acid) 667 mcg DFE	166%
Vitamin B12 (as Methylcobalamin) 3000 mcg	125,000%

* Percent Daily Value are based on a 2000 calorie diet.

Other ingredients: Fructose, mannitol, croscarmellose sodium, microcrystalline cellulose, stearic acid, magnesium stearate, silicone dioxide, natural cherry flavor, natural raspberry flavor.

Suggested Use: As a dietary supplement, adults place 1 lozenge daily under the tongue 30 seconds before swallowing, or as directed by a healthcare professional.