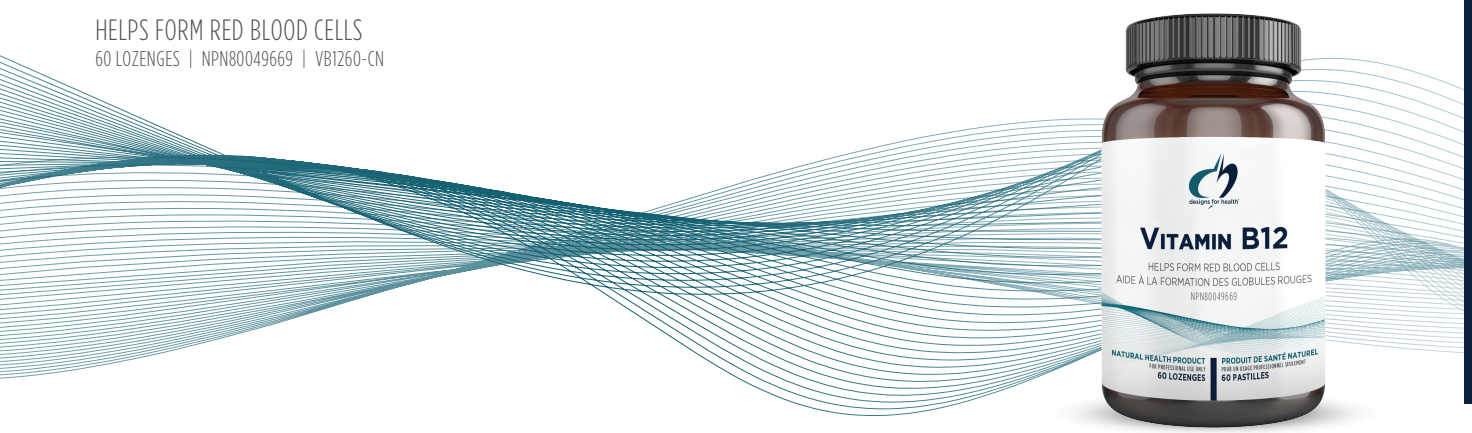
designs for health®

Vitamin B12

HELPS FORM RED BLOOD CELLS

60 LOZENGES | NPN80049669 | VB1260-CN

FOUNDATIONAL HEALTH



GLUTEN FREE FORMULA · DAIRY FREE FORMULA · SOY FREE FORMULA · VEGAN FORMULA · NON GMO INGREDIENTS

Vitamin B12, also known as cobalamin, is a water-soluble micronutrient essential for normal cellular repair and function, cellular energy metabolism, and neurological function. Cobalamin must be obtained from dietary sources or through supplementation since the human body cannot produce it. More than 20 genes are known to play a role in the absorption, transport, and utilization of cobalamin from dietary sources.

Methylcobalamin, the methylated form of cobalamin, is identical to the active form that occurs inside cells. Methylcobalamin may help support methylation, a biochemical process that turns biological switches on and off for various systems in the body. Methylation reactions are critical for DNA synthesis and repair, cellular energy metabolism, nerve cell structure and function, and red blood cell production. When the methylation cycle functions optimally, it supports normal cardiovascular, neurological, detoxification, and reproductive activities.

Vitamin B12 is essential for regulating homocysteine, which plays a role in cardiovascular health. Supplementation with this bioavailable form of vitamin B12 may be ideal for individuals with various genetic polymorphisms involving B12 metabolism and related pathways or those seeking support for neurological and cellular health.

This product provides 5,000 mcg of methylcobalamin in a delicious berry-flavoured lozenge for maximal absorption.

Benefits

- Supports healthy vitamin B12 status
- Promotes neurological function
- Supports healthy cellular energy metabolism
- Helps support optimal cellular function
- Promotes healthy detoxification pathways
- Supports healthy cognition and mood
- Supports healthy methylation and homocysteine metabolism

Highlights

- Provides 5,000 mcg of methylcobalamin per serving
- Provides a highly bioavailable form of vitamin B12 found in nature
- Berry-flavoured lozenge for superior absorption and taste
- Dairy-free, gluten-free, soy-free, and non-GMO

Recommended Dose

Adults: Dissolve 1 lozenge slowly in mouth per day, or as directed by your health care practitioner. Consult a health care practitioner for use beyond 3 months. Refer to the product label for dosing instructions, age-appropriateness, and relative risk statements. Healthcare practitioners are encouraged to use clinical judgement with case-specific dosing based on intended goals, subject body weight, medical history, and concomitant medication and supplement usage.

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Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.
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