



Vitamin B12 lozenges are a great tasting, high dose vitamin B12 product. Each berry flavored lozenge contains 5000 mcg methylcobalamin, the activated form of vitamin B12. They are designed to deliver B12 through the mucous membranes in order to bypass the need for intrinsic factor, a protein produced in the stomach known to be needed for maximal GI absorption of B12.

The body is able to use methylcobalamin more efficiently than the biologically inactive cyanocobalamin form. In comparison, methylcobalamin is better absorbed and has a higher retention rate in the body's tissues. This active methylcobalamin form is essential in facilitating methylation, the critical biochemical process that assures proper stem cell differentiation and the proper production of brain chemicals (neurotransmitters).

Supplementation using methylcobalamin eliminates the need for the liver to convert cyanocobalamin to the active forms of vitamin B12. The body is able to absorb B12 directly through the mucosal tissue of the mouth, making these lozenges an ideal way to help increase levels of B12 quickly, when higher doses of this vitamin are desired.

It is important to let the lozenge dissolve slowly and not chew it in order to allow vitamin B12 to be absorbed properly through the mucosal tissue that lines mouth.

B12 lozenges may support:

- Cardiovascular system
- Homocysteine levels
- Compromised digestive system/malabsorption issues
- Pernicious anemia (autoimmune disorder)
- Brain and nervous system
- Sleep-wake disorders
- Daytime alertness in the elderly and people who work night shifts
- Those who need to increase B12 levels quickly

Supplement Facts		
Serving Size 1 lozenge		
Amount Per Serving	% Daily Value	
Vitamin B-12 (as Methylcobalamin)	5000 mcg	8330%

Other Ingredients: Mannitol, modified cellulose, natural berry flavor, vegetable stearate, citric acid, luohan guo.

Recommended Use: Dissolve one lozenge slowly in mouth per day.

Or as directed by your health care practitioner. 60 Lozenges

These statements have not been evaluated by the FDA. These products are not intended to treat, prevent or cure any disease..

Rev. 1/26/2016