



# Methylcobalamin/ B<sub>12</sub> liquid

Introduced 2002



## What Is It?

Methylcobalamin is an activated, highly bioavailable form of vitamin B<sub>12</sub>, which acts as the principal circulating form of cobalamin in the body. It is available in liquid and capsule form.\*

## Uses For Methylcobalamin

**Nervous System Health:** In recent studies, methylcobalamin has demonstrated an enhanced ability to support neurological function. This form of vitamin B<sub>12</sub> promotes protein synthesis for maintaining healthy nerve cells and myelin. Methylcobalamin may also help to moderate levels of glutamate in the brain, encouraging healthy brain cell activity, as well as memory, mood, and cognitive function. In general, vitamin B<sub>12</sub> works with folate to promote DNA and red blood cell health. Additionally, vitamin B<sub>12</sub> is an important cofactor for energy metabolism and a vital component of the methionine synthase pathway, which supports healthy homocysteine metabolism and S-adenosylmethionine (S-AMe) production.\*

## What Is The Source?

Pure Encapsulations methylcobalamin is produced from corn dextrose fermentation. It has a naturally occurring red color that does not result from the use of artificial dyes or colors. Neither the capsule or liquid products contain added artificial sugars or added color.

## Recommendations

Pure Encapsulations® recommends:

- Methylcobalamin: 1-3 capsules daily, in divided doses, with meals.
- B<sub>12</sub> liquid: 1-3 ml daily, in divided doses, with meals, or as directed by a health professional.
- B<sub>12</sub> liquid 5,000 mcg: 1/2 to 1 ml daily, with a meal, as directed by a health professional.

## Are There Any Potential Side Effects Or Precautions?

At this time, there are no known side effects or precautions. If pregnant or lactating, consult your physician before taking this product.

## Are There Any Potential Drug Interactions?

At this time, there are no known adverse reactions when taken in conjunction with medications.

## Methylcobalamin

each vegetarian capsule contains  v 3  
 vitamin B<sub>12</sub> (as methylcobalamin)..... 1,000 mcg  
 other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)  
 1-3 capsules daily, in divided doses, with meals.

## B<sub>12</sub> liquid

one ml (0.03 fl oz) (one full dropper) contains v  
 vitamin B<sub>12</sub> .....1,000 mcg  
 stevia .....0.5 mg  
 other ingredients: purified water, natural glycerin, citric acid, potassium sorbate  
 serving size: 1 ml (0.03 fl oz) (one full dropper)  
 servings per container: 30  
 1-3 ml daily, in divided doses, with meals, or as directed by your health professional.

## B<sub>12</sub> 5000 liquid

one ml (0.03 fl oz) (one full dropper) contains v  
 vitamin B<sub>12</sub> .....5,000 mcg  
 other ingredients: purified water, apple juice concentrate, natural vegetable glycerin, citric acid, black currant juice, purified stevia extract, potassium sorbate  
 serving size: 1 ml (0.03 fl oz) (one full dropper)  
 servings per container: 30  
 1/2-1 dropper, as directed by a health professional.

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. 800-753-2277 | PureEncapsulations.com