

# B<sub>12</sub> 5,000 liquid

With methylcobalamin; supports red blood cell function, energy metabolism and neurological health<sup>†</sup>

## INDICATIONS

- Ages 18 and up
- Neurocognitive support<sup>†</sup>
- Red blood cell health<sup>†</sup>

## BENEFITS

- Supports healthy homocysteine metabolism<sup>†</sup>
- Helps to maintain neurological and cognitive health<sup>†</sup>
- Supports DNA synthesis and red blood cell health<sup>†</sup>

## FEATURES

- Contains B<sub>12</sub> as an active form, methylcobalamin
- Made with high-quality ingredients backed by verifiable science

## VERIFIABLE SCIENCE

Research indicates that methylcobalamin, one of the active forms of vitamin B<sub>12</sub>, supports neurological function and nerve cell health<sup>1</sup>. In studies, methylcobalamin has demonstrated the potential to support healthy cognitive and nerve function, as well as memory and emotional well-being<sup>2</sup>. Vitamin B<sub>12</sub> is also an important cofactor for energy production and plays a role in immune system health and homocysteine metabolism.<sup>3†</sup>

## SUGGESTED USE

As a dietary supplement, take 1 ml (one full dropper), with a meal, or as directed by a health professional.

## STORAGE

Store in a cool, dry place. Shake well before use.

## WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

## SOURCE

- Vitamin B<sub>12</sub> (methylcobalamin): corn dextrose fermentation

## NOTES

Dropper size 1 ml (0.03 fl oz)

Bottle count 30 servings

Order code B125L

Bottle size 30 ml

## REFERENCES

1. Penninx BW, Guralnik JM, Ferrucci L, et al. *Am J Psychiatry* 2000;157:715-21.
2. van Asselt DZ, Pasman JW, van Lier HJ, et al. *J Gerontol A Biol Sci Med Sci*. 2001 Dec;56(12):M775-9.
3. Tamura J, Kubota K, Murakami H, et al. *Clin Exp Immunol*. 1999 Apr;116(1):28-32.

## SUPPLEMENT FACTS

**1 ml (one full dropper), with a meal, or as directed by a health professional.**

**Serving size: 1 ml (0.03 fl oz) (one full dropper)**  
**Servings per container: 30**

**1 ml (0.03 fl oz) (one full dropper) contains:**

Vitamin B<sub>12</sub> 5,000 mcg

Other ingredients: purified water, apple juice concentrate, natural vegetable glycerin, citric acid, potassium sorbate, purified stevia leaf extract



B <sub>12</sub> 5,000 liquid	Quantity	Order Code
	30 ml (1 fl oz)	B125L

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