

Vitamin B₁₂ (as methylcobalamin)

Formulated with an active form of B₁₂ (methylcobalamin); supports red blood cell function, energy metabolism and neurological health[†]

INDICATIONS

- Ages 18 and up
- Red blood cell health and production[†]
- Optimal cognitive and energy support[†]

BENEFITS

- Supports red blood cell, cognitive and nerve functions[†]
- Provides support for neurological function and nerve cell health[†]
- Acts as an important cofactor for energy metabolism[†]

FEATURES

- Formulated with methylcobalamin, an active form of vitamin B₁₂
- Available in liquid and capsule form
- Convenient, great-tasting liquid formula for easy dispensing (B₁₂ and B₁₂ 5,000)
- Made with high-quality vegetarian ingredients backed by verifiable science

VERIFIABLE SCIENCE

Vitamin B₁₂ is an important cofactor for energy metabolism. It works with folate in the methylation pathway, which supports healthy homocysteine metabolism in the synthesis of S-adenosyl-methionine (SAME), an important methyl donor.¹ As such, it supports methylation for key biochemical reactions occurring in blood cells, neurons, the vasculature and many other tissues.² Through this pathway, vitamin B₁₂ enables proper red blood cell formation, neurological function and DNA synthesis.³ The activated and methylated form methylcobalamin is the primary form found in the cytosol of cells and is the predominant active isomer in the bloodstream. By promoting SAME production, methylcobalamin maintains healthy cell development, including the formation of red blood cells.⁴

SUGGESTED USE

- Methylcobalamin: As a dietary supplement, take 1 capsule, 1-3 times daily, with meals
- B₁₂ liquid: As a dietary supplement, take 1 dropper, 1-3 times daily, with meals, or as directed by your health professional
- B₁₂ liquid 5,000: 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.

WARNING

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

SOURCE

- 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

NOTES

Methylcobalamin

Size 3 caps

Bottle counts 60, 180

Order codes MT6, MT1

Bottle sizes 75 cc, 120 cc

B₁₂ liquid

Size 1 ml dropper

Serving per bottle 30

Order code B12L

Bottle size 30 ml

B12 5,000 liquid

Size 1 ml dropper

Vitamin B₁₂ (as methylcobalamin)

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Serving per bottle 30

Order code B125L

Bottle size 30 ml

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 B₁₂ 5,000 mcg

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



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

REFERENCES

1. Schnyder G, et al. *JAMA*. 2002 Aug 28;288(8):973-9.
2. Yaqub BA, et al. *Neurol Neurosurg*. 1992;94(2):105-11.
3. van Asselt DZ, et al. *J Gerontol A Biol Sci Med Sci*. 2001 Dec;56(12):M775-9.
4. Huskisson E, et al. *J Int Med Res*. 2007 May-Jun;35(3):277-89.

SUPPLEMENT FACTS

1 capsule, 1-3 times daily, with meals.

Each (size 3) vegetarian capsule contains:

Vitamin B₁₂ (as methylcobalamin) 1,000 mcg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)



Methylcobalamin 1,000 mcg	Quantity	Order Code
	180	MT1
	60	MT6

1 dropper, 1-3 times daily, with meals, or as directed by a health professional. Shake well before use.

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 B₁₂ 1,000 mcg

Other ingredients: purified water, natural glycerin, citric acid, potassium sorbate, stevia leaf extract



B ₁₂ liquid	Quantity	Order Code
	30 ml (1 fl oz)	B12L

Visit PureEncapsulationsPro.com for more information about our GMO policy.

[†]These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.