



Methyl B-12 10,000 mcg

Category: Nervous System Health*

- Supports Normal Homocysteine Levels*
- Supports Nervous System Health*
- 10,000 mcg For Optimum Blood Serum Levels*
- Chewable Lozenge Sweetened With Xylitol
- Especially Important for Strict Vegetarians*

Item 0501 – 60 Lozenges

Positioning Purpose: Methylcobalamin is a coenzyme form of Vitamin B-12, a critical nutrient when it comes to cardiovascular and nervous system health. Vitamin B-12 works as a cofactor in the production of methionine from homocysteine. Thus it plays a key role in maintaining a healthy level of homocysteine in the bloodstream.* Unfortunately an estimated 15-20% of the population is deficient in this important vitamin. This is especially true for the elderly. The number one reason for Vitamin B-12 deficiency is poor absorption from the G.I. tract. However, you can also absorb some passively through the mucus membranes in your mouth. If you start with a high dosage, this can contribute to a significant increase in blood serum levels of B-12.

Product Description: NOW Foods' Methyl B-12 lozenges contain the methylcobalamin form of B-12, demonstrated to be used more efficiently than cyanocobalamin in various metabolic roles of B-12 in the body.* As a lozenge, it allows B-12 absorption via the mucus membranes of the mouth in addition to absorption in the small intestine. The lozenges are sweetened with Xylitol, a natural sweetener.

Ingredients: Vitamin B-12 10 mg (10,000 mcg), Xylitol, Sorbitol, Cellulose, Citric Acid, Stearic Acid (vegetable source) and Natural Flavors.

Ideal Users: Adults seeking support for nerve health and maintaining healthy homocysteine levels.*

Recommended Use: As a dietary supplement, take 1 lozenge daily. Chew lozenge or hold in mouth until dissolved and swallow.

Also Consider Taking: Folic Acid, B-6, and TMG (Trimethylglycine).

Supporting Science: "Effect of Daily High-Dose Methylcobalamin Lozenge Regimen vs. Weekly Injections in Patients Diagnosed with Vitamin Deficiency: A Single-Center, Prospective, Randomized, Open-Label Trial": Protocol For Life Balance, Bloomingdale; research performed at Wellness Clinic, Sterling Heights, MI; 2012.

Additional Information: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children. Contains Xylitol, do not feed to pets.



Nutrition for Optimal WellnessSM

www.nowfoods.com

* 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.