

break
through
to the
real you



Bio-vitality.com

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Client Information

B₁₂ Support (60 tablets)

£21.90

This formulation combines high-potency amounts of the active forms of vitamin B12 and folate in an effective sublingual tablet. Both of these water-soluble vitamins work together and need to be supplied in the diet in adequate amounts to support nervous system function and help maintain normal levels of the potentially toxic amino acid homocysteine.

Vitamin B12 as methylcobalamin: vitamin B12 is crucial to the formation of healthy red blood cells, energy production, nervous system, cognitive function and homocysteine regulation. Although cyanocobalamin is the most commonly used form of vitamin B12 in dietary supplements, it must be converted by enzymes into an active coenzyme form to be useful. Nutritional inadequacies, enzyme defects and tissue abnormalities can reduce the body's ability to synthesise the active forms of B12. In contrast, B12 as methylcobalamin is a 'body ready' form with metabolic benefits that may not be provided by other forms of B12. It appears that methylcobalamin may be particularly useful for individuals with impaired methylation capacity, including those with elevated homocysteine or neurological impairments.

Active forms of folate: this B vitamin is best recognised for protecting against birth defects but it is also crucial for the generation of red blood cells, regulating homocysteine levels, assisting DNA repair and supporting neurological processes. A synthetic form of folate, known as folic acid, is typically included in multivitamins. Some individuals can have difficulty converting folic acid into its active form. Unmetabolised folic acid that enters the bloodstream is not only biologically useless, it has anti-folate effects that may be harmful. Folinic acid and 5-MTHF, two active 'body-ready' natural forms of folate are used in this product instead of folic acid. Both of these forms are safely and reliably used in the body's metabolic processes.

B12 deficiency is surprisingly common and signs can be: fatigue and weakness, tingling in hands and feet, foggy thinking, memory lapses, trouble sleeping, lack of motivation and moods swings.

B12 is important for: effective food digestion and absorption, a healthy immune system, formation of red blood cells and circulation, a healthy nervous system, concentration, memory function and mental clarity.

These sublingual tablets are sweetened naturally with mannitol and are free of added flavourings. The tablets dissolve in the mouth within a few minutes or can be swallowed whole if preferred. However, this supplement is better when allowed to dissolve slowly under the tongue.

Individuals who have an increased risk of B12/folate deficiency are the elderly, vegetarians and people with ulcers, Crohn's Disease, bacterial overgrowth and other gastrointestinal disorders.

Suggested Use: 1 tablet daily with food.

This product was made in a GMP and ISO 9001:2000 registered facility.

Last updated: Sept 2009

Supplement Facts		
Serving Size 1 Tablet • Servings Per Container 60		
Amount Per Tablet		% Daily Value
Folate (50% as folinic acid (5-formyltetrahydrofolate) and 50% as 5-methyltetrahydrofolate)	800 mcg*	200%
Vitamin B ₁₂ (as methylcobalamin)	1,000 mcg	16,667%

Other ingredients: Mannitol, silicon dioxide, vegetable stearine, carboxymethylcellulose sodium, and magnesium stearate.
*Amount of active isomers from mixed isomer forms.

This information service is not intended to make any claims or provide medical advice. Please www.bio-vitality.com for clinical references.

Bio-Vitality Limited, PO Box 493, Guernsey, Channel Islands, GY1 6BY

Ordering Options:

By phone or in person at Maureen Gillanders Body & Skin Care Clinic, Fort Complex, L'Islet, Guernsey, GY2 4SN.

Online at www.bio-vitality.com (through Amazon).

Any cheques to be made payable to Maureen Gillanders (Guernsey) Limited.