



HEALTHY B12

A VITAMIN B12 SUPPLEMENT WITH FOLIC ACID

Healthy B12 is a dietary supplement that helps support energy as well as healthy blood and nerve cells.*

Healthy B12 combines 1000 mcg Vitamin B12 with the active form of vitamin B6 and folic acid in an easy to use spray.

Healthy B12 is recommended for:

- Athletes
- Cardiovascular support*
- Homocysteine management*
- Individuals who have trouble absorbing vitamin B12 from foods*
- Ongoing fatigue and weakness*
- People needing GI tract support*
- Vegetarians and vegans

About Vitamin B12

Vitamin B12 is a water-soluble vitamin. It is required for proper red blood cell formation, neurological function, and DNA synthesis. Vitamin B12 functions as a cofactor for the enzyme methionine synthase which causes the conversion of homocysteine to methionine. Methionine is required for the formation of S-adenosylmethionine (SAME), a universal methyl donor for almost 100 different substrates, including DNA, RNA, hormones, neurotransmitters, proteins, and lipids. Deficiency of vitamin B12 may occur as a result of an inability to absorb B12 from food. It can also occur in individuals with dietary patterns that exclude animal or fortified foods.

Vitamin B6 (Pyridoxal 5-Phosphate)

Vitamin B6 is a water-soluble vitamin that performs a wide variety of functions in the body. For example, vitamin B6 is needed for more than 100 enzymes involved in protein metabolism. It is essential for red blood cell metabolism and the nervous and immune systems need vitamin B6 to function efficiently.* B6 is also required for the production of hemoglobin, a protein-based component of red blood cells which is primarily responsible for transferring oxygen from the lungs to the rest of the body. Pyridoxal 5-Phosphate is the active form (does not require activation by the liver) of Vitamin B6 to provide optimal utilization.

Folic Acid

Folic Acid is a B vitamin that is important for cell division and is also needed for protein metabolism and repair of RNA and DNA.* Folic Acid supports nerve and cardiovascular health.* Folic Acid and Vitamin B12 are needed for the formation of red blood cells to help increase capillary blood flow.* Folate is the key transferring agent in the transmethylation process and is necessary to turn homocysteine into methionine, which allows the body to recycle or remove homocysteine as needed.*

Supplement Facts

Serving Size 1 spray (0.2 ml)

Amount Per Serving

Folic Acid	100 mcg
Vitamin B6 (as Pyridoxal 5-Phosphate & Pyridoxine HCL)	2 mg
Vitamin B12 (as Methylcobalamin & Hydroxocobalamin)	1,000 mcg

Other ingredients: glycerin, water, potassium citrate.

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this product.

Suggested Use: As a dietary supplement, hold nozzle 1" from mouth, spray once and swallow. Use once daily or as directed by your healthcare practitioner. Shake well before each use.

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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.

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