

B12 MC LIQUID

MADE WITH
**NON
GMO**
ingredients

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

B12 MC Liquid combines 5000 mcg Vitamin B12 with the active form of vitamin B6 and folic acid in an easy to use spray.

B12 MC Liquid is recommended for:

- Athletes
- Cardiovascular Support*
- Homocysteine Management*
- Individuals who have trouble absorbing vitamin B12 from foods*
- Occasional 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. Inadequate levels 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.*

Suggested Use: As a dietary supplement, take 1 ml daily, or as directed by your healthcare practitioner. Shake well before each use.

Supplement Facts

Serving Size 1 ml
Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin B6 (as Pyridoxal 5-Phosphate & Pyridoxine HCl) 10 mg	588%
Folate 833.33 mcg DFE (500 mcg Folic Acid)	208%
Vitamin B12 (as Methylcobalamin & Hydroxocobalamin) 5,000 mcg	208,333%

Other ingredients: glycerin, water, potassium citrate.

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

VEGETARIAN / GLUTEN FREE / SOY FREE

*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.