

# Vitamin B12

5,000 mcg Methylcobalamin



Vitamin B12, also known as cobalamin, is a water-soluble micronutrient essential for normal cellular repair and function, cellular energy metabolism, and neurological function.\* Cobalamin must be obtained from dietary sources or through supplementation since the human body cannot produce it. More than 20 genes are known to play a role in the absorption, transport, and utilization of cobalamin from dietary sources.

Methylcobalamin, the methylated form of cobalamin, is identical to the active form that occurs inside cells. Methylcobalamin may help support methylation, a biochemical process that turns biological switches on and off for various systems in the body.\* Methylation reactions are critical for DNA synthesis and repair, cellular energy

metabolism, nerve cell structure and function, and red blood cell production.\* When the methylation cycle functions optimally, it supports normal cardiovascular, neurological, detoxification, and reproductive activities.\*

Vitamin B12 is essential for regulating homocysteine, which plays a role in cardiovascular health.\* Supplementation with this bioavailable form of vitamin B12 may be ideal for individuals with various genetic polymorphisms involving B12 metabolism and related pathways or those seeking support for neurological and cellular health.\*

This product provides 5,000 mcg of methylcobalamin in a delicious berry-flavored lozenge for maximal absorption.

## Benefits\*

- Supports healthy vitamin B12 status
- Promotes neurological function
- Supports healthy cellular energy metabolism
- Helps support optimal cellular function
- Promotes healthy detoxification pathways
- Supports healthy cognition and mood
- Supports healthy methylation and homocysteine metabolism

## Recommended Use

Dissolve 1 lozenge slowly in mouth and swallow per day or as directed by your health-care practitioner.

## Highlights

- Provides 5,000 mcg of methylcobalamin per serving
- Provides a highly bioavailable form of vitamin B12 found in nature
- Berry-flavored lozenge for superior absorption and taste
- Dairy-free, gluten-free, soy-free
- Non-GMO

**To contact Designs for Health, please call us at (860) 623-6314, or visit us on the web at [www.designsforhealth.com](http://www.designsforhealth.com).**

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.

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