

# B<sub>12</sub> Liquid

Formulated with methylcobalamin; supports red blood cell function, energy metabolism and neurological health<sup>†</sup>

## INDICATIONS

- Ages 18 and up
- Neurological health<sup>†</sup>

## BENEFITS

- Acts as an important cofactor in methylation and energy metabolism<sup>†</sup>
- Supports neurological function and nerve cell health<sup>†</sup>
- Promotes cognitive function and emotional well-being<sup>†</sup>

## FEATURES

- Formulated with methylcobalamin, an active form of vitamin B12
- Convenient, great-tasting liquid formula for easy dispensing
- Made with high-quality vegan ingredients backed by verifiable science

## VERIFIABLE SCIENCE

Methylcobalamin, an active form of vitamin B12, supports neurological function and nerve cell health<sup>1</sup>. In studies, methylcobalamin has demonstrated the potential to support healthy cognitive and nerve function as well as memory and emotional well-being<sup>2</sup>. Vitamin B12 is also an important cofactor for energy production and plays a role in immune system health and healthy homocysteine metabolism<sup>3†</sup>.

## SUGGESTED USE

As a dietary supplement, take 1 dropper, 1-3 times daily, with meals, or as directed by your health professional.

## STORAGE

Store in a cool, dry place.

## WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

## SOURCE

- Pure Encapsulations methylcobalamin is produced from corn dextrose fermentation. It has a naturally occurring red color that does not result from the use of artificial dyes or colors

- Neither the capsule or liquid products contain added artificial sugars or added color

## NOTES

Serving size 1 ml (0.03 fl oz) (one full dropper)

Servings per container 30

Bottle size 30 ml (1 fl oz)

Order code B12L

## REFERENCES

1. Kikuchi M, et al. *Invest Ophthalmol Vis Sci*. 1997 Apr;38(5):848-54. (animal)
2. van Asselt DZ, et al. *J Gerontol A Biol Sci Med Sci*. 2001 Dec;56(12):M775-9.
3. Tamura J, et al. *Clin Exp Immunol*. 1999 Apr;116(1):28-32.

## SUPPLEMENT FACTS

1 dropper, 1-3 times daily, with meals. Shake well before use.

Serving size: 1 ml (0.03 fl oz) (one full dropper)

Servings per container: 30

1 ml (0.03 fl oz) (one full dropper) contains:

Vitamin B<sub>12</sub> 1,000 mcg

Other ingredients: purified water, natural glycerin, citric acid, potassium sorbate, stevia leaf extract



B <sub>12</sub> liquid	Quantity	Order Code
	30 ml (1 fl oz)	B12L