

# Preventive Medicine



## Chewable B12

### DESCRIPTION

Chewable B12 is a synergistic formulation of Vitamin B12 and Folic Acid. The chewable form of B12 provides for improved absorption in a pleasant-tasting cherry flavor.

### FUNCTIONS

B vitamins are important to proper circulatory function, for maintaining blood pressure within normal ranges, and preserving proper cholesterol and homocysteine levels. Vitamin B12 supports nerve health by maintaining the fatty sheaths that cover and protect nerve endings. B12 has also been shown to enhance sleep patterns, allowing for more restful and refreshing sleep. Folic Acid and Vitamin B12 are needed for the formation of red blood cells to help support capillary blood flow and is necessary to turn homocysteine into methionine, which allows the body to recycle or remove homocysteine as needed. Methylcobalamin is the active form of B12. In fact, 80% of Vitamin B12 in plasma is in the methylcobalamin form. Folic Acid may help with fluctuating moods and anxiety and is needed for protein metabolism and repair of RNA and DNA.

### INDICATIONS

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### FORMULA

**Serving Size:** 1 Tablet

**Amount per serving:**

Vitamin B12 (as Cyanocobalamin) ... 1,000 mcg  
Folic Acid ..... 100 mcg

**Other ingredients:** mannitol, sorbitol, natural cherry flavor, cellulose, vegetable stearate, silica.

### SUGGESTED USE

As a dietary supplement, chew 1 tablet daily, or as directed by your healthcare practitioner.

### SIDE EFFECTS

If pregnant or nursing, consult your healthcare practitioner before taking this or any nutritional product.

### DISTRIBUTED BY

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**These supplements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure or prevent any disease.**