

Methyl B-12 Liquid

Tincture



Brain

Mood

Nervous System

NutritionalFrontiers.com
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Methyl B-12 Tincture

Available in 30 Serving Liquid

Methyl B-12 Liquid combines the active, chelated forms of vitamin B12, vitamin B6, and folic acid, and is recommended for:

- An alternative to B-12 injections
- Ongoing fatigue and weakness
- Individuals who have trouble absorbing vitamin B12 from foods
- Homocysteine Management
- Cardiovascular Support

About the Ingredients

Vitamin B6 (as Pyridoxal 5-Phosphate & Pyridoxine HCl) is a water-soluble vitamin utilized by the nervous and immune systems to function efficiently. Along with aiding in protein metabolism, it is essential for red blood cell metabolism and is required for the production of hemoglobin, a protein-based component of red blood cells primarily responsible for transferring oxygen from the lungs to the rest of the body. Pyridoxal 5-Phosphate is the active form of Vitamin B6 and does not require activation by the liver to provide optimal utilization.

Vitamin B12 (as Methylcobalamin & Hydroxocobalamin) is required for proper red blood cell formation, proper neurological function, and DNA synthesis. This water-soluble vitamin functions as a cofactor for the enzyme methionine synthase that 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. **Folate (Folic Acid)** is a B vitamin that is

important for cell division and is needed for protein metabolism and the repair of RNA and DNA. Folic Acid supports nerve and cardiovascular health. Vitamin B12 and Folic Acid 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

Available Bottle Size: 1 fl. oz. (30 ml.)

Serving Size 1 ml.

Servings Per Bottle 30

Amount Per Serving

Vitamin B6 10 mg
(as Pyridoxal 5-Phosphate & Pyridoxine HCl)

Folate (500 mcg Folic Acid) 833.33 mcg DFE

Vitamin B12 5,000 mcg
(as Methylcobalamin & Hydroxocobalamin)

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, take 1 ml. daily, or as directed by your healthcare practitioner. Shake well before each use.



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