

# B<sub>12</sub> LIQUID

## VITAMIN B<sub>12</sub> AS ACTIVE METHYLCOBALAMIN

### Description

B<sub>12</sub> Liquid features 1000 ug of methylcobalamin in each 1 ml serving. Methylcobalamin is an active form of vitamin B<sub>12</sub>. Vitamin B<sub>12</sub> contributes to normal energy-yielding metabolism and the reduction of tiredness and fatigue. Vitamin B<sub>12</sub> contributes to normal functioning of the nervous system and psychological function.

### Health Benefits and Product Features

- ✓ Features vitamin B<sub>12</sub> as active methylcobalamin
- ✓ Each serving provides 1000ug of vitamin B<sub>12</sub>
- ✓ Contributes to normal energy-yielding metabolism and the reduction of tiredness and fatigue
- ✓ Contributes to normal functioning of the nervous system and psychological function
- ✓ Contributes to normal homocysteine metabolism
- ✓ Contributes to normal red blood cell formation

### Free From

All Pure Encapsulations® products are free-from: Wheat and gluten, Egg, Peanuts, Trans fats and hydrogenated oils, GMOs, Magnesium stearate, Titanium dioxide, Carrageenan, Coatings and shellacs, Artificial colors, flavors and sweeteners, Unnecessary binders, fillers and preservatives.



Vegetarian



Vegan



Gluten Free



Soy Free



Dairy Free



### Nutritional Information

Serving size 1 ml (one full dropper)

	Amount per Serving	% NRV*
vitamin B <sub>12</sub> (as methylcobalamin)	1000 ug	40,000 %

\*Nutrient Reference Value

### Directions For Use

As a food supplement, take 1 ml daily, with a meal, or as directed by your healthcare professional.

### Ingredients

Purified water, vegetable glycerin, methylcobalamin, citric acid, potassium sorbate, stevia leaf extract.

Product Code	Size	Serving Size	Servings per container
B12LUK	30 ml	1 ml (one full dropper)	30

### Precautions

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use. Use only if safety seal is intact. Food supplements should not be used as a substitute for a varied diet. Do not exceed the stated daily dosage. Keep out of the reach of young children.