

# B<sub>12</sub> (ADENOSYL/HYDROXY)

## ACTIVE VITAMIN B<sub>12</sub> FORMULA

### Description

B<sub>12</sub> (Adenosyl/Hydroxy) provides 2000 ug of vitamin B<sub>12</sub> as a blend of 'active' forms. Adenosylcobalamin is an activated form of vitamin B<sub>12</sub>. Hydroxycobalamin is a precursor form of vitamin B<sub>12</sub> that is converted in the body to both methylcobalamin and adenosylcobalamin. Adenosylcobalamin and hydroxycobalamin have independent and unique biological functions. Vitamin B<sub>12</sub> contributes to normal functioning of the nervous system and psychological function. Vitamin B<sub>12</sub> contributes to normal energy-yielding metabolism and the reduction of tiredness and fatigue.

### Health Benefits and Product Features

- ✓ Provides a blend of 'active' forms of vitamin B<sub>12</sub>
- ✓ Features 2000 ug in each vegetarian capsule
- ✓ Contributes to normal functioning of the nervous system and psychological function
- ✓ Contributes to normal homocysteine metabolism
- ✓ Contributes to normal red blood cell formation
- ✓ Contributes to the reduction of tiredness and fatigue

### 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 capsule

	Amount per Serving	% NRV*
Vitamin B <sub>12</sub> (as adenosylcobalamin and 50% hydroxycobalamin)	2000 ug	80,000%

\*Nutrient Reference Value

### Directions For Use

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

### Ingredients

Hypoallergenic plant fiber (microcrystalline cellulose), adenosylcobalamin, hydroxycobalamin. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Servings per container
AHB9UK	90	1 capsule	90

### 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.