

B₁₂ FOLATE

ACTIVATED VITAMIN B₁₂ AND FOLATE

Description

Activated vitamin B₁₂ and folate features B₁₂ as methylcobalamin and folate as L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring universally metabolized form of folate. Vitamin B₁₂ and folate have complementary biological activities and are interrelated in function. Vitamin B₁₂ & folate contribute to normal psychological function. Vitamin B₁₂ & folate contribute to normal homocysteine metabolism.

Health Benefits and Product Features

- ✓ Features active forms of vitamin B₁₂ and folate
- ✓ With folate as L-5-methyltetrahydrofolate (5MTHF), the naturally occurring universally metabolised form of folate
- ✓ Vitamin B₁₂ & folate contribute to normal homocysteine metabolism
- ✓ Vitamin B₁₂ & folate contribute to normal psychological function
- ✓ Vitamin B₁₂ & folate contribute to the reduction of tiredness and fatigue
- ✓ Vitamin B₁₂ contributes to normal red blood cell formation
- ✓ Folate contributes to normal blood 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 capsule

	Amount per Serving	% NRV*
Folate (as Metafolin®, L-5-MTHF)	800 ug	400%
Vitamin B ₁₂ (as methylcobalamin)	800 ug	32,000%

*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

Methylcobalamin, calcium-l-methylfolate, hypoallergenic plant fiber (microcrystalline cellulose), ascorbyl palmitate. Vegetarian capsule (hydroxypropyl methyl cellulose).

Product Code	Size	Serving Size	Servings per container
B12UK	60	1 capsule	60

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.