



Item number: AM314
Delivery system: Sublingual tablets
Amount per bottle: 30 tablets
Serving size: 1 tablet



B-12 Supreme

DESCRIPTION

Vitamin B-12 is used in the body to promote optimal GI, cardiovascular and energy production. In this unique formulation, we have combined all four forms of B-12 to make a powerful synergistic amalgamation in order to provide an effective supplementation of the vitamin.

A form of vitamin B-12 used in the human body, 5-Deoxyadenosylcobalamin, is required in the reaction to form succinyl-CoA, which plays an essential role in the production of energy from fats and proteins.

PUBLISHED RESEARCH STUDIES*

Research has shown that a B-12 deficiency can lead to an accumulation of homocysteine. In a recent randomized, double-blind placebo controlled trial it was found that men deficient with B-12 had significant decreases in homocysteine levels when supplemented with vitamin B-12 after 2 years.

ADVERSE REACTIONS

Vitamin B-12 is a water soluble vitamin. There have been no toxic or adverse affects associated with large doses of vitamin B-12. Due to the lack of toxicity of this vitamin there has been no upper limit established by the Food and Nutrition Board.

RECOMMENDED USE

Take 1 sublingual tablet per day, or as directed by your health care professional. Allow tablet to fully dissolve under tongue.

STORAGE

Store at room temperature, away from heat and moisture. Keep out of reach of children.

REFERENCES

1. FARIA-NETO, J.R., CHAGAS, A.C.P., BYDLOWSKI, S.P. et al. Hyperhomocystinemia in patients with coronary artery disease. *Braz J Med Biol Res*, Apr. 2006, vol.39, no.4, p.455-463. ISSN 0100-879X.
2. Wolfgang Herrmann, Heike Schorr, Rima Obeid, and Jürgen Geisel. Vitamin B-12 status, particularly holotranscobalamin II and methylmalonic acid concentrations, and hyperhomocysteinemia in vegetarians. *Am. J. Clinical Nutrition*, Jul 2003; 78: 131 - 136.
3. Leon Flicker, Samuel D. Vasikaran, Jenny Thomas, John M. Acres, Paul Norman, Konrad Jamrozik, Graeme J. Hankey, and Osvaldo P. Almeida. Efficacy of B Vitamins in Lowering Homocysteine in Older Men: Maximal Effects for Those With B-12 Deficiency and Hyperhomocysteinemia. *Stroke*, Feb 2006; 37: 547 - 549.

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

BENEFITS*

Vitamin B-12 has been used as a supplement to assist in:

- Homocysteine metabolism to support nervous system function
- Conversion of fats and protein to energy
- Optimal support for the gastrointestinal tract

INGREDIENTS PER SERVING

Methylcobalamin	12.5 mg
Hydroxycobalamin	2.5 mg
Cyanocobalamin	7.5 mg
Dibencozide	12.5 mg

MECHANISM OF ACTION

Methylcobalamin is essential in the function of the enzyme methionine synthase. This enzyme is required for the formation of the amino acid methionine from its precursor homocysteine. Methionine is then required for the synthesis of s-adenylmethionine, which is a methyl donor that is used in many biological reactions. Inadequate synthesis of conversion of methionine from homocysteine can cause an accumulation of homocysteine, which has been linked to an increased risk of cardiovascular disease.

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