ABSORBABLE, ACTIVATED VITAMIN B12 LOZENGE + METHYLFOLATE

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 1 Tablet</th>
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<tbody>
<tr>
<td>Servings Per Container: 60</td>
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<table>
<thead>
<tr>
<th>Amount</th>
<th>% Daily Value</th>
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<tbody>
<tr>
<td>Folate (as Quatrefolic&lt;sup&gt;®&lt;/sup&gt; [6S]-5-Methyltetrahydrofolic acid, glucosamine salt)</td>
<td>800 mcg 200%</td>
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<tr>
<td>Vitamin B12 (as methylcobalamin)</td>
<td>5000 mcg 8333%</td>
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</table>

Other ingredients: Mannitol, sorbitol, microcrystalline cellulose, croscarmellose sodium, vegetable stearate, silicon dioxide, natural mixed berry flavor, citric acid, monkfruit extract.

Does not contain gluten.

**SUGGESTED USE:** 1 TABLET PER DAY DISSOLVED UNDER THE TONGUE, OR AS DIRECTED BY YOUR HEALTHCARE PROFESSIONAL.

**WARNING:** IF TAKING MEDICATION, PREGNANT OR NURSING CONSULT A PHYSICIAN BEFORE USING.

Quatrefolic<sup>®</sup> is a registered trademark of Gnosis, S.p.A. U.S. Patent No. 7,947,662.

- 5000 mcg activated vitamin B12 as methylcobalamin.*
- 800 mcg methylated folate as Quatrefolic<sup>®</sup> L-5-MTHF.*
- Supports healthy methylation & nervous system function.*
- Sugar-free, berry flavored lozenge dissolves under tongue.*

**B12 Methylfolate Select™** helps support healthy vitamin B12 levels with clinically relevant levels of activated B12 (methylcobalamin) plus supportive folate, also provided in its active, methylated form (as Quatrefolic<sup>®</sup> L-5-MTHF). **B12 Methylfolate Select™** dissolves easily under the tongue to promote excellent absorption via sublingual delivery in a pleasant tasting, sugar-free, berry flavored lozenge.

VITAMIN B12 is the largest and most chemically complex of all the known vitamins. It also is the only vitamin that contains a metal ion, cobalt. In nature, it is found almost exclusively in protein-containing animal foods. Vitamin B12 is required for proper neurological and cognitive function, prevention of certain anemias and as a cofactor in the synthesis of the nucleic acids DNA and RNA, which store genetic information. As a donor of single carbon methyl groups, vitamin B12 supports neurotransmitter synthesis, helps promote maintenance of the myelin sheath surrounding neurons and, along with iron and folate, aids in the formation of red blood cells. Vitamin B12 is intimately involved in folate metabolism in numerous ways. Both nutrients are included in **B12 Methylfolate Select™**.

FOLATE is essential to nervous system development and function, has been studied to help reduce the risk of neural tube birth defects and is considered an important prenatal nutrient. Like vitamin B12, folate also participates in one carbon metabolism and is important to methylation-dependent reactions in the body. Fortification of foods with folic acid, a synthetic form of folate, is widespread today, but folic acid is poorly utilized by the body, especially in individuals with any of several common polymorphisms in genes coding for methyltetrahydrofolate reductase (MTHFR), an enzyme which activates folic acid via donation of a methyl group. **B12 Methylfolate Select™** contains methylated folate (L-5-MTHF), the activated form of folate. L-5-MTHF interacts with vitamin B12 to help regulate numerous physiological processes, from red blood cell formation to preservation of DNA integrity.

*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.

(continued on reverse side)
Vitamin B12 and folate work together to help support a healthy gastrointestinal tract, a healthy nervous system, healthy cellular reproduction and healthy fat and protein metabolism. Both nutrients are critical to methylation and to supporting healthy homocysteine metabolism. High homocysteine levels, caused by deficiencies of vitamin B12 or folate, have been associated with health problems such as poor cognitive function, endothelial dysfunction, increased risk of cardiovascular issues and various mood and behavioral disorders.

The risk of vitamin B12 deficiency increases with age, largely due to the almost universal decline in production of digestive acids, enzymes and intrinsic factor exhibited by many older adults. Intrinsic factor and pancreatic enzymes are both required for the intestinal absorption of vitamin B12. Up to 20% of older adults are estimated to be B12 deficient. Vegetarians and people with inflammatory digestive disorders may also be at risk for vitamin B12 deficiency.

**SUBLINGUAL DELIVERY** As a supplement, vitamin B12 is most readily absorbed and utilized by the body when provided in its active form: methylcobalamin. However, many people are unable to absorb vitamin B12 in any form via the intestinal tract. For such individuals, another route must be found. Sublingual delivery of vitamin B12, whereby a special dissolving tablet or lozenge is allowed to melt in the mouth, is a convenient solution. Sublingual B12 technology has been utilized for decades to help support proper absorption and bioavailability of this essential nutrient.

**B12 Methylfolate Select™** lozenges are sugar-free with a pleasant, natural berry flavor. They dissolve rapidly on or under the tongue, releasing nutrients directly into the mouth for absorption by blood vessels within the oral cavity. Research suggests that oral cobalamin administration may be as effective as intramuscular injections in obtaining hematological and neurological responses in vitamin B12 deficient patients.

**REFERENCES**


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