



DIETARY SUPPLEMENT

VITAMIN B12

- GMU's Vitamin B12 is essential for red blood cell formation, neurological function and DNA synthesis.
- It is easy to swallow and easy to digest
- Made with natural products capsuled in vegetable capsules, this product is free of raw materials and animal byproducts.

Vitamin B12 might help protect against chronic disease and neural tube defects, but more research, particularly in the area of nutritional genomics, is needed to determine how vitamin B12 might augment the benefits of folic acid. Some consideration should be given to the potential value of fortifying foods with vitamin B12 in addition to the current mandatory folic acid fortification of grains.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2294088/>

Vitamin B12, a water-soluble vitamin, is found in foods, taken as a dietary supplement and prescribed by a medical professional (if necessary). Many individuals lack vitamin B12 which can in some cases, can lead to vitamin B12 deficiency. This deficiency can have negative effects on the body, thus resulting in the individual being prescribed a certain amount of B12 by a medical provider. Dieticians, prefer the individual to intake B12 in a natural way by consuming meat, clams, beef liver, crab meat and drinking milk, besides taking a supplement.

Vitamin B12 has claims that it can be used to aid in preventing neurological symptoms, to include sleep depravity, depression, and slowing the progression of dementia. There are also claims that it can, when partnered with avocado oil, be used to help treat eczema and psoriasis of the skin if used topically.

Suggested use:

Take two capsules once daily 30 minutes prior to meals with an 8-ounce glass of water.

SUPPLEMENT FACTS

Serving Size: 1 capsule | Servings Per Container: 90

Amount Per Serving		% D.V.
Vitamin B12 (as Cyanocobalamin)	1,000 mcg	16667%

