

Vitamin B12

(Methylcobalamin)

Vitamin B12 100µg

Presentation

A white round tablet with specks.

Each tablet delivers:

Vitamin B12 (Methylcobalamin) 100µg

Tableted with:

DiCalcium Phosphate, Cellulose, Anti-caking Agents (Silicon Dioxide, Stearic Acid, Magnesium Stearate).

Disintegration time: Less than 1 hour.

Suitable for vegetarians (V) **and vegans** (V)



quantity
100

type
tablets

code
8085

Vitamin B12 1000µg

Presentation

A pale pink round tablet with specks.

Each tablet delivers:

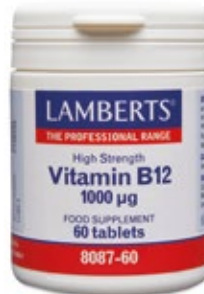
Vitamin B12 (Methylcobalamin) 1000µg

Tableted with:

DiCalcium Phosphate, Cellulose, Anti-caking Agents (Silicon Dioxide, Stearic Acid, Magnesium Stearate), Tablet Coating (Hydroxypropyl Methylcellulose, Glycerin).

Disintegration time: Less than 1 hour.

Suitable for vegetarians (V) **and vegans** (V)



quantity
60

type
tablets

code
8087

Uses

Vitamin B12 is a complex substance containing the mineral cobalt at its centre. Principally, it participates in the rapid regeneration of bone marrow and red blood cells. This vitamin was first isolated from liver in 1948 and is needed for the synthesis of DNA and for normal metabolism of nerve tissue. However, in cases of achlorhydria (absence of hydrochloric acid in the stomach) the vitamin may not be extracted from food.

Folic acid, iron and vitamin B12 are all referred to as haematinic factors and are vital for the formation of healthy blood cells. Vitamin B12 is also necessary for myelin sheath production and for a healthy cardiovascular system.

Vitamin B12 is found mainly in animal based foodstuffs such as meat. Consequently, practitioners frequently recommend this particular B vitamin to vegetarians and vegans. It is also often recommended as a supplement for the elderly, who may have a compromised diet.

Usage and administration

Vitamin B12 100µg & 1000µg

1 tablet daily.

Allergen advice

None (see page 194).

Cautions

These products are not recommended for pregnant or lactating women.

Storage instructions

To be stored in a cool, dry place and protected from light.

Legal category

Food supplement.