DESCRIPTION:
B12-Plus supplies 250mcg of Vitamin B12 on an ion-exchange resin, which allows the vitamin to be released in the small intestine insuring maximum absorption.

FORMULA:
Each tablet contains: Vitamin B12 (cyanocobalamin on ion-exchange resin) 250 mcg

INDICATIONS:
B12-Plus is indicated as a nutritional adjunct in the case management of the following conditions which may be associated with B12 deficiency:
- Nerve pain
- Fatigue
- Alcoholism
- Chronic illness
- Pregnancy
- Improper vegetarian diet

NOTES:
B12-Plus is also indicated as a supplement to the diet of elderly patients who often have deficiencies and/or higher requirements of this nutrient. Effectiveness in pernicious anemia has not been established.

BACKGROUND:
Vitamin B12 is essential to proper function of DNA. This fundamental role makes it a crucial cofactor in the production of blood and the synthesis of intestinal mucosa, liver tissue, kidney tissue and all other tissues where a fast turnover rate occurs. Vitamin B12 is also essential to proper formation and maintenance of myelin sheath of the nervous system. In addition, this nutrient exerts a lipotropic effect helping to control blood lipids.

Vitamin B12 is poorly absorbed even in normal persons. It appears that the reason for this is destruction of the nutrient by stomach acid, allowing only small amounts to actually reach the small intestine, the site of absorption of B12. B12-Plus provides the vitamin on a pH-responsive resin which protects it from destruction in the acid environment of the stomach, and releases it for absorption in the more alkaline small intestine. Recent evidence has demonstrated that this type of formulation is far superior to both free B12 and sublingual preparations (Davis, et. al., 1982)

DIRECTIONS:
Two to four tablets daily as a dietary supplement.

HOW SUPPLIED:
Pink tablets; 60 or 120 per bottle.
BIBLIOGRAPHY: