

## Super B12-Complex – a nutritionist’s guide

Before you begin supplementation, we have prepared some additional information about this product which you may find useful for optimal results with your nutrition regime.

### Dosing guidelines

A serving of *Super B12-Complex* consists of 1 tablet, providing you with the full serving amount as indicated on the nutritional panel. For additional support, adults can take up to 2 tablets daily.

### How to maximise absorption

This sublingual tablet is designed to be dissolved under the tongue to bypass digestion and fast-track vitamin B12 into the bloodstream. Simply place the tablet under the tongue and allow it to dissolve fully without chewing the tablet.

### Going above and beyond the NRV

The nutrient reference value (NRV) for vitamin B12 is the minimum amount needed to meet our requirements, but is the minimum enough? As vitamin B12 is water-soluble, the body is very efficient at eliminating it from the body; this is one reason why vitamin B12 doesn't have a maximum upper limit - the body simply eliminates it. With this in mind, we decided to provide a flexible dose of 1000mcg, safely exceeding the nutrient reference value, whilst providing flexibility for mega-dosing for intensive support when required.

### Feeling the benefits

Some people feel the benefits of *Super B12-Complex* almost immediately, with increased energy; this tends to be those who are deficient in vitamin B12. For others, the effects may be less obvious. Perhaps try recording your reasons for taking *Super B12-Complex* (e.g. symptoms), and score them on a scale of 1-10. By reviewing this each month, you may start to notice gradual improvements in your symptoms.



*Maxine Sheils BSc (Hons), DipCNM  
Nutritionist*

The logo for igennus, featuring the word "igennus" in a white, lowercase, sans-serif font inside a rounded green rectangle.

HEALTHCARE NUTRITION

Be kind to your health™

### **Taking other supplements alongside *Super B12-Complex***

Many people take other supplements alongside *Super B12-Complex*, a multivitamin for example. As there is no upper limit for vitamin B12, you can take this alongside other supplements that contain vitamin B12 without having to worry about exceeding upper limits.

### **Ask a nutritionist**

Igennus nutritionists are available to answer any queries you may have about any of our products. You can contact us via live chat at [igennus.com](https://www.igennus.com), email [askourexper@igennus.com](mailto:askourexper@igennus.com) or call +44 (0)1223 421434.

Wishing you health and longevity,

Maxine & the Igennus team

