

# Experience improved mood, better memory and enhanced energy with Nutri B12 Liquid



Not so long ago, you had a great memory. You were filled with energy and had a positive outlook on life. Every day was an adventure. But somewhere along the way, your mood declined, your memory fogged, and your energy plummeted. What happened? If you've been to doctor after doctor trying to figure out what's going on with you but still don't have a definitive answer, you may have a common but overlooked vitamin deficiency.

Vitamin B12 is an essential nutrient derived solely from animal foods and their sources. One of its most important functions is building the myelin sheath responsible for protecting your nerve endings and allowing them to communicate with each other. Individuals with this common nutrient deficiency often experience unexplained neurological

symptoms such as neuropathy, depression, mania, memory loss, and dementia. Strict vegans, vegetarians, and those with digestive disorders and/or autoimmune disease are at serious risk for vitamin B12 deficiency. If you are over the age of 50, your natural stores of vitamin B12 are also depleted.

Nutri B12 Liquid is water soluble and easy for your body to absorb. It is the ideal natural supplement for those with digestive and malabsorption disorders as your body doesn't have to break it down to reap its benefits.

Adding this supplement to your diet may be all you need to get rid of your mystery symptoms and get back to enjoying life again.

## Top 10 Symptoms of Vitamin B12 Deficiency



### Lack of Energy

B vitamins are essential to convert food to adenosine triphosphate (ATP), which is critical to keeping your energy levels stable. With a B12 deficiency, it won't matter how healthy your diet because your body won't be able to convert food to energy. Adding Nutri B12 Liquid to your diet can help your body make the most of every meal.

### Sleep Disturbances

A hormone called melatonin is responsible for regulating your sleep cycle. Without adequate levels of vitamin B12, the production of this hormone is disrupted, leading to insomnia and unfulfilling sleep. If you're tossing and turning at night or find that your mental health problems worsen during the night, you may be deficient in vitamin B12.



### Mood Disturbances

Mood disturbances are often quickly treated with psychiatric medication in the modern medical arena. Many conventional physicians don't take nutritional deficiencies into consideration. As a result, many are unnecessarily medicated with drugs they many become

dependent on for life. Oftentimes, mood disorders are a resultant combination of malabsorption, intestinal infection (*H. pylori* or candida) and vitamin B12 deficiency. Symptoms include emotional outbursts, persistent irritability, regressive behavior, hallucinations, and mania. If you are experiencing these symptoms, being tested for a vitamin B12 deficiency could save your sanity.



### Brain Fog

Brain fog is different than just a momentary lapse in concentration. It's a fuzzy, brain-wrapped-in-gauze sort of feeling that persists for days, weeks or even months. Without adequate levels of vitamin B12, demyelination occurs. This is the destruction of the myelin sheath responsible for neurological communication. If your brain is feeling foggy, it could be a combination of malabsorption of nutrients (possibly related to celiac disease) and consequent vitamin B12 deficiency.

### Poor Memory and Concentration

Can't remember where you put your keys? Forgot to pick up your dry cleaning again? If you're over the age of 50, you may mistakenly believe that a poor memory and problems with concentration are just a natural part of your aging process. You'll be glad to know that a failing memory accompanied by age is often related to a vitamin B12 deficiency and is easily treatable.

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### Peripheral Neuropathy

When your peripheral nerves malfunction, it can cause a condition called peripheral neuropathy, a disease characterized by tremors, twitching, pain, all-over itching, and a “pins and needles” feeling in your extremities.



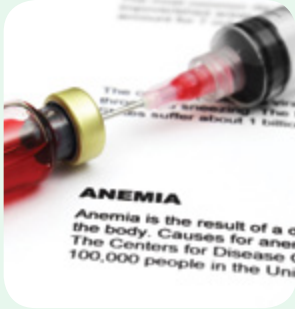
### Infertility

Malabsorption disorders such as celiac disease and crohn’s disease often contribute to infertility and miscarriages in women. In addition to lowered egg count and inability to sustain pregnancy, vitamin B12 deficiency can also lower sperm count in men. It should also be noted that a hormone called melatonin is responsible for regulating your reproductive cycle. Without vitamin B12, your levels of this critical hormone drop, which may result in infertility.



### Muscle Weakness

Weak, tired, and heavy muscles may indicate a deficiency in vitamin B12. You may experience cramps, muscular tremors, soreness, and limb rigidity.



### Pernicious Anemia

Pernicious anemia is a decrease in red blood cells brought on by the inability to absorb vitamin B12 from food. Symptoms of this condition include pale skin, difficulty with concentration, fatigue, diarrhea, constipation, shortness of breath, swollen tongue, and bleeding gums.



### Lack of Motivation

There once was a time when nothing could hold you back. Now you’re lucky if you even feel like getting up off the couch. A lack of motivation could be an early warning signs of depression. Before talking with your doctor about anti-depressants (which have been linked to suicidal thoughts and actions) have him test you for a vitamin B12 deficiency.

## Do You Have These Risk Factors for Vitamin B12 Deficiency?

- × Vegetarian/Vegan**
- × High Coffee Intake**
- × Heavy Alcohol Use**
- × Over the Age of 50**
- × Take Antacids**
- × Infertility / Miscarriage**
- × Digestive Disorder**
- × Take Metformin**
- × Have H. Pylori or Diabetes**

### Signs of B12 Deficiency

If you’re over the age of 50, follow a vegetarian or vegan diet or have a digestive disorder that interferes with your ability to absorb nutrients, you may have a critical vitamin deficiency.

Vitamin B12 deficiency is an often-overlooked cause of mood disturbances, lack of energy, and faulty memory. It has also been linked to infertility in both men and women.

If you’re experiencing unusual mental health symptoms, you may be tempted to talk with your doctor about psychiatric medication. These drugs can be dangerous and highly addictive and unnecessary if the symptoms are caused by vitamin B12 deficiency.

### How can Nutri B12 Liquid help you?

Nutri B12 Liquid is your answer to treating vitamin B12 deficiency safely and naturally. It delivers easy-to-absorb nutrients that go to work immediately to relieve your symptoms.

Nutri B12 Liquid improves your digestion and metabolism while improving your likelihood of conception if infertility has been a problem.

Psychiatric problems caused by a simple vitamin deficiency affect millions of Canadians each year. The same holds true for those with unexplainable digestive and autoimmune conditions. With Nutri B12 Liquid, you’ll suffer needlessly no longer.



## Dangerous Homocysteine Levels and Vitamin B12 Deficiency

Homocysteine is an amino acid that converts into two compounds; SAME (S-adenosyl methionine) and glutathione.

SAME works to increase the availability of neurotransmitters called serotonin and dopamine. Low levels of these neurotransmitters can result in depression, apathy, mania, and psychosis, as well as suicidal thoughts and actions.

Glutathione is a powerful antioxidant that scavenges the free radicals responsible for chronic disease and premature aging. Without adequate levels, you are more prone to the development of everything from cancer to schizophrenia.

When homocysteine does not adequately convert into SAME and glutathione, it becomes a burden to your body. At stable levels, homocysteine is beneficial to your health. When it is overproduced without converting to these two vital compounds, it accumulates in your body tissues, increasing your risk of autoimmune disease, cardiovascular disease, Alzheimer's, and depression.

One of the primary reasons B12 deficiency results in neurological dysfunction is because without adequate levels, your body cannot properly convert homocysteine.

## Use Nutri B12 Liquid for Maximum Absorption and Results

Nutri B12 Liquid delivers 5,000 micrograms of pure, absorbable nutrition into your body. In addition to helping to heal, treat, and prevent the conditions listed, this supplement can improve your overall digestive function, enhancing your ability to metabolize carbohydrates, fats, and proteins.

## B12 Contraindications

Vitamin B12 is generally well-tolerated in moderate doses. However, those with a condition called Leber's disease should avoid supplementing with B12 as it could cause permanent optical nerve damage.

If you suspect you have a vitamin B12 deficiency, invest in Nutri B12 Liquid.

After just a few months, you should notice an improvement in your memory and mood, and experience an overall sense of well-being and connectedness with the world around you. You may feel as though a fog has lifted and you can think clearly again for the first time in a long while.

Remember, just because you're getting older, it doesn't mean you have to feel sick, confused, and run down. These are the best years of your life. Reclaim them with Nutri B12 Liquid.



**Capsules & tabs  
get only 20% - 40%\***

\* Absorption according to the Physician's Desk Reference, p.1542



*Natural*  
**Mixed Berry  
Flavour**



Because I  
*Believe*  
in living life  
to the max,  
I believe in

# Nutri B12



**Fast-acting + high absorption sublingual liquid formula**



**Necessary for energy production**



**Essential for the manufacture of red blood cells**



**Support the normal function of nerve cells**



**Required for the replication of DNA**

*Natural*  
Mixed Berry  
Flavour



**Naka**  
*original*

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