

# B12 Balance

**Form:**  
60 Tablets  
**Serving Size:**  
1 Tablet



Supplement Facts		
Serving Size: 1 Quick-Dissolve Tablet		
Servings Per Container: 60		
	Amount Per Serving	%DV**
Vitamin B12 (as Methylcobalamin)	5,000 mcg	208,333%
Stevia Leaf Extract	2.5 mg	**

\*\*Daily Value (DV) not established.

Other Ingredients: Xylitol, Stearic Acid, Crospovidone, Microcrystalline Cellulose, Natural Flavor, Citric Acid, Silicone Dioxide.

This product comes in natural cherry flavored quick-dissolve tablets. Take one tablet daily – preferably with a meal – as a dietary supplement, or as directed by your healthcare practitioner.

## How B12 Balance Works

Metabolism of vitamin B12 is highly complex, making it the most common B vitamin for humans to be deficient in. Deficiency of vitamin B12 can lead to serious, irreversible health consequences such as damage to the brain and nervous system and/or pernicious anemia (lack of red blood cell production). Vitamin B12 works along other B vitamins to promote healthy DNA, as well as synthesize hemoglobin - a protein found in red blood cells that transports oxygen and carbon dioxide. Vitamin B12 is also involved in the synthesis of all essential amino acids, which are imperative for tissue maintenance.

Furthermore, vitamin B12 is needed for the body to convert homocysteine to methionine; methionine is necessary for the formation of S-adenosylmethionine (SAME), which is involved in the synthesis of catecholamines and various neurotransmitters. In this sense, vitamin B12 is integral to supporting mood and cognition – via SAME – as deficiencies can lead to depression and high levels of anxiety

## B12 Balance Supplementation

Research cited herein suggests vitamin B12 (methylcobalamin) has a pivotal role in supporting healthy nervous and cardiovascular system function.\* Moreover, this particular B vitamin works in concert with other B vitamins for proper DNA maintenance, energy production, cellular respiration, hormone production, and a variety of other processes.

To summarize, the most pertinent research-backed benefits of supplementation with B12 Balance may include:

- Help metabolize amino acids
- Support cognitive function and healthy mood
- Help support and maintain DNA
- Support cardiovascular function and energy production

## What Is B12 Balance?

TonicSea B12 Balance is a great-tasting cherry flavored formula that contains a bioabsorbable, quick dissolve form of vitamin B12 (methylcobalamin). These quick-dissolve tablets are delivered through mucous membranes and bypass the need for intrinsic factor for proper absorption of vitamin B12.

Methylcobalamin is the most common form of vitamin B12 found in the body and has ubiquitous roles, being involved in nearly all cellular metabolic reactions. As such, vitamin B12 is crucial for a multitude of physiological processes, such as proper formation of neurotransmitters, energy production, cellular respiration, and maintaining healthy DNA.\* Moreover, longitudinal studies suggest that deficiencies in several of the B vitamins accelerates brain tissue atrophy and cognitive decline. In fact, recent research suggests that supplemental vitamin B12 (as methylcobalamin) is effective for supporting cognition, energy production, and neural tissue.\* Read on to learn more about how B12 Balance works and its unique benefits.\*

*Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.*

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.