

# CN-B12 PLUS



**CN-B12 PLUS contains the bioactive forms of vitamin B6, vitamin B12, and methylated folic acid in a highly absorbable liquid delivery. This formula is recommended for individuals who:**

- Experience tingling, numbness, nerve pain, or nerve damage such as neuropathy
- Experience fatigue, tiredness, or weakness
- Suffer from anxiety or depression
- Take antacids or other medications that lower stomach acid levels
- Are pregnant
- Have an autoimmune disorder or are at risk for cardiovascular disease and heart attack

**Vitamin B6 (Pyridoxal 5-Phosphate & Pyridoxine HCl)** is a bioactive, water-soluble vitamin utilized by the nervous system and immune systems to function efficiently. Along with aiding in protein metabolism, it is essential for red blood cell metabolism and the production of hemoglobin necessary for transferring oxygen from the lungs to the rest of the body.

**5-MTHF** is the methylated, active form of folic acid that is needed for protein metabolism, RNA and DNA repair, and red blood cell formation. 5-Methylfolate is the bioactive form of folic acid easily absorbed and utilized by the body and is not affected by metabolic defects due to genetic conditions. Recent research suggests that over 40% of the population can not metabolize un-methylated forms of synthetic folic acid. 5-MTHF is vital for a significant portion of the population.

**Vitamin B12 (as Methylcobalamin)** is required for red blood cell formation, DNA synthesis, and proper neurological function and repair due to its critical role in myelin sheath health and regeneration. B12 is a water-soluble vitamin that functions as a cofactor for the enzyme methionine synthase, which is responsible for converting homocysteine to methionine. Methionine is required for the formation of S-adenosylmethionine (SAME), the universal methyl donor responsible for the synthesis of DNA, RNA, hormones, proteins, lipids, and neurotransmitters. B12 deficiency may occur due to an inability to absorb B12 from food or from diets that limit animal foods.

Science has shown that the ingredients in CN-B12 PLUS are beneficial for:

- Nerve Health and Nerve Repair
- Cardiovascular Support and Homocysteine Management
- Individuals unable to absorb folic acid
- A B12 injection alternative
- Energy Production
- Stress Management