

B-12 + Folic Acid THE ENERGY VITAMIN

PRODUCT BENEFITS

B-12 (6 mcg)

Vitamin B-12 is important for our body's system of enzymes (substances that promote chemical reactions in the body) and to maintain a healthy nervous system. Vitamin B-12 works especially well with Folic Acid to build the genetic material of cells and, specifically, the blood cells in bone marrow. Vitamin B12 is very important for people who eat little or no animal protein, consume alcohol regularly or take antibiotics. B-12 and Folic Acid are essential daily vitamins for men and women.

Folic Acid (400mcg)

It is especially important for a woman trying to become pregnant to take an adequate amount of Folic Acid each day to help protect against neural tube defects. It is important to know that Folic Acid should be taken for months prior to conception. Folic Acid works by lowering the level of homocystine, an amino acid that damages the lining of blood vessels and increases plaque formation. Folic Acid can help prevent heart disease later in life and is extremely beneficial for all ages.

Other Ingredients: Purified water, Fructose, Potassium Sorbate, Citric acid, Natural and artificial apricot flavor, Sodium bicarbonate.