



Category 4  
Vitamins



**GOODFORYOU**

GOOD FOR LIFE

**B-12 Super Brain**  
(Vitamin Supplement)  
#100495  
100 Lozenges

**Description:** **B-12 Super Brain** is an essential nutrient that cannot be synthesized by animals or plants, only by microorganisms. Most of B-12's benefits are related to its coenzyme activity, such as enzymes needed for the production of DNA during cell division. It is also necessary for the methylation of homocysteine, a harmful by-product of protein metabolism.

### Contents / Ingredients

**B12** is needed to prevent anemia. It aids Folic Acid in regulating the formation of red blood cells, and helps in the utilization of iron. This vitamin is also required for proper digestion, absorption of foods, synthesis of protein, and the metabolism of carbohydrates and fats. It aids in cell formation and cellular longevity. In addition, B12 prevents nerve damage, maintain fertility, and promotes normal growth and development by maintaining the fatty sheaths that cover and protect nerve endings.

### Traditional Therapeutic Action

#### Supplement Facts

| Serving Size 1 Lozenge               | Servings per Container 100 | Amount Per Serving | % Daily Value |
|--------------------------------------|----------------------------|--------------------|---------------|
| Folic Acid                           |                            | 100 mcg            | 25%           |
| Vitamin B-12<br>(as Methylcobalamin) |                            | 1000 mcg           | 16,700%       |

Other ingredients: Cellulose, Mannitol, Sorbitol, Fructose, Croscarmellose Sodium, Magnesium Stearate and Natural Cherry Flavor.

Contains no yeast, wheat, corn, soy, milk, egg, animal products.

**SUGGESTED DOSAGE:** One lozenge daily. Chew lozenge or hold in mouth until dissolved.