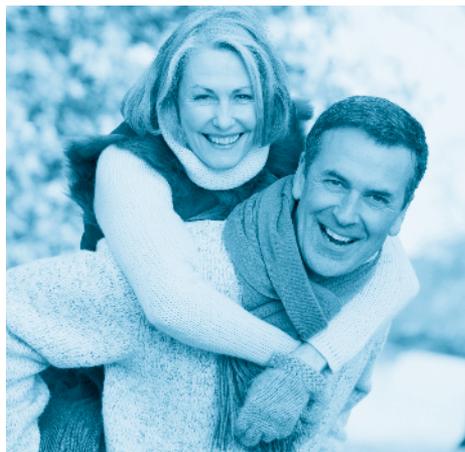


# METHYLCOBALAMIN FAST MELT™

## Quick-Dissolving Coenzymated™ B-12 For Energy and Nerve Health



Source Naturals® now offers an advanced, metabolically active form of vitamin B-12 (methylcobalamin) in a convenient soft tablet that quickly and easily dissolves in the mouth to deliver important vitamin B-12 health benefits. Vitamin B-12 is a multi-purpose nutrient supporting: healthy red blood cell formation, the normal regulation of homocysteine levels, myelin sheath support for healthy nerves, and the synthesis of DNA.

Vitamin B-12 also supports the production of S-Adenosylmethionine (SAMe), the body's main methyl donor, without which many critical metabolic systems would cease to function correctly.

Vitamin B-12 is cobalamin, a molecule that is much larger and more structurally complex than the other B vitamins. Methylcobalamin is a more biologically active form of cobalamin than the commonly used cyanocobalamin form. The coenzyme form eliminates intermediate metabolic conversion steps, supporting easy assimilation by the body. METHYLCOBALAMIN FAST MELT™ is an advanced, quick-dissolving source of vitamin B-12 for older adults and a convenient source of B-12 for vegetarians.\*



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\*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.

## Energy

B-12 is necessary to form healthy red blood cells that carry oxygen to our muscles and tissues to support strength and energy. It also supports the synthesis of DNA needed for the formation of new red blood cells and other types of cells.

## Maintaining Normal Levels of Homocysteine

Methylcobalamin acts as a cofactor in the conversion of homocysteine into methionine. This helps maintain normal levels of homocysteine in the blood stream. Maintaining normal levels of homocysteine in the blood can support cardiovascular health and normal functioning of the endothelial cells that line the walls of the arteries.

## SAMe

Vitamin B-12 can support the body's production of SAMe by helping to recycle used SAMe. When SAMe is used up, homocysteine is generated. B-12 helps turn this homocysteine back into methionine. The cycle renews itself and methionine is used to synthesize new SAMe, an important methyl group donor that supports mood and cognitive function.

## Absorption of Vitamin B-12

Dietary sources of B-12 include meat, fish, eggs and dairy products. B-12 deficiencies are usually the result of poor absorption rather than poor dietary intake. Absorption of food-bound vitamin B-12 requires adequate stomach acid and with aging, the body's ability to produce enough stomach acid for this process may be reduced. Obtaining B-12 from supplements or fortified foods is advised

for those over 50 years of age. In addition, vitamin B-12 is the only nutrient that is not present in significant amounts in plant foods, and supplements are advised for those people who do not consume animal products.

## Cognition/Nerves

Methylcobalamin is essential for healthy brain cells and nerve tissue. It supports nerve function by maintaining the myelin sheath surrounding nerve cells. Healthy myelin sheaths provide electrical insulation around the nerve tissues and speed up electronic impulses essential to proper functioning and message delivery of stimuli through the nervous system.

Source Naturals® mission supports consumers taking responsibility for their own health through education, healthy diet, lifestyle recommendations and by utilizing high-quality, scientifically researched supplements. Source Naturals believes that the natural foods industry is the best outlet for the expression of our values and for supporting the consumers' right to make informed choices about their own health.\*

## Educational References:

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