

# SUBLINGUAL B-12

supports healthy homocysteine levels\*



Life's Medicine

**Serving Size:** 1 Lozenge  
**Servings Per Container:** 60

**Sublingual B-12** is a great tasting, sublingual lozenge providing 5 mg (5,000 mcg) of Vitamin B-12 in the active, methylcobalamin form. This active methyl form has metabolic advantages over other forms, including more cobalamin deposited in tissue than with the cyanocobalamin form.\*

Vitamin B-12 is a water-soluble vitamin necessary for the maintenance of a healthy nervous system, enhanced cognition, and for the metabolic utilization of fats and proteins.\* It is also essential for the synthesis of DNA during cell division and therefore is especially important for rapidly multiplying cells, such as blood cells.\* In addition, it may support healthy homocysteine levels, cardiovascular health and neurological health.\*

**One Lozenge Contains:**

Vitamin B-12 (as methylcobalamin)..... 5 mg

**Other Ingredients:** Fructose, sorbitol, cellulose, citric acid, stearic acid, natural flavors and vegetable stearate.

**Free of:** Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy.

**Does not contain artificial colors or preservatives.**

**Directions:** Chew or hold one lozenge in mouth daily until dissolved or as directed by your healthcare practitioner.

