

VITAMIN B12 + FOLATE

THE POWER PARTNERS FOR ENERGY, DNA & BRAIN HEALTH

B12

VITAMIN B12 THE ACTIVATOR

Helps convert folate into its active form and supports nerve health, energy production, and red blood cells.

THEY WORK TOGETHER IN METHYLATION



Vitamin B12
(Methylcobalamin)

Folate
(5-MTHF)

Methylation
occurs

Healthy
Cells, Energy,
Mood, Detox,
DNA & More

B9

FOLATE (5-MTHF) THE BUILDER

The active form of folate your body uses to build DNA, support methylation, and make healthy red blood cells.

WHY THEY MATTER



RED BLOOD CELL FORMATION

Helps prevent anemia and supports healthy oxygen delivery.



BRAIN & NERVE HEALTH

Supports neurotransmitter, memory, focus, and mood.



ENERGY PRODUCTION

Helps convert food into usable energy.



DNA SYNTHESIS & REPAIR

Essential for cell division, growth, and repair.



DETOXIFICATION

Supports liver detox and removal of harmful substances.



COMMON DEFICIENCY SIGNS



Fatigue and low energy



Brain fog, poor memory or concentration



Weakness or dizziness of breath



Shortness of breath



Numbness or tingling (hands or feet)



Mood changes, anxiety or depression



Irregular periods or fertility challenges

