

B12 FORTE - 60 vcaps

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## B12 FORTE - 60 vcaps

LE4413035

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### Supports the Nervous System

## Description

### Dosage

1 capsule per day with a glass of water with the evening meal.

### Recommendations

Vitamin B12 is contraindicated for people with a cobalamin allergy or suffering from a malignant tumour. This food supplement is not a substitute for a varied and balanced diet and a healthy lifestyle and is not a medicine. Please inform your doctor and/or pharmacist if you are taking any medication at the same time. Reduction of gastric acidity by antihistamines or proton pump inhibitors as well as metformin may reduce the digestive absorption of vitamin B12. Keep out of reach of children. Store in a cool, dry place. Do not exceed the stated dosage.

### What is B12 Forte?

B12 Forte is a dietary supplement that provides a source of vitamin B12 in the form of methylcobalamine. Vitamin B12 is essential for maintaining a healthy nervous system and supporting normal psychological functions. It also plays a role in energy metabolism, helping to convert food into usable energy. This vitamin is crucial for many bodily functions, including the production of red blood cells and reducing fatigue.

The human body cannot produce vitamin B12, so it must be obtained through diet or supplements. Natural sources of B12 are mainly of animal origin, which can be a concern for vegetarians, vegans, and those with dietary restrictions. A B12 deficiency can lead to symptoms such as fatigue, lack of energy, and neurological problems.

### Methylcobalamine: Active form of B12

1. Superior absorption: The methylcobalamine, the active form of vitamin B12 used in B12 Forte, is known for its exceptional bioavailability. Unlike inactive forms such as cyanocobalamine, methylcobalamine is immediately available to the body after ingestion, without requiring metabolic conversion. This characteristic allows for more efficient absorption in the small intestine, thereby maximizing the health benefits of vitamin B12.
2. Superiority over inactive forms: The inactive forms of vitamin B12, such as cyanocobalamine, require several conversion steps in the body before becoming usable. This process not only reduces absorption efficiency but can also release potentially toxic by-products, such as cyanide. By using methylcobalamine, B12 Forte eliminates these concerns, providing a ready-to-use B12 source that optimizes health and well-being.
3. Purity and formulation without synthetic excipients: B12 Forte is formulated using natural excipients such as pullulan and rice starch, thus avoiding the addition of synthetic additives commonly used in other supplements. This approach not only ensures product purity but also minimizes adverse reactions, making B12 Forte suitable for a wide range of individuals, including those sensitive to artificial additives.

## Composition

## Nutritional information

NUTRITIONAL INFORMATION	1 CAPSULE	AR%*
Vitamin B12	1 mg	4000

\* Recommended Daily Allowance (Directive 2008/100/EC amending -> Decree 08.01.1992)

## Composition

Rice starch, capsule shell: pullulan, vitamin B12 (methylcobalamin).

<b>Characteristic:</b>	Vegan
<b>Form:</b>	Vegetarian capsule
<b>Free from:</b>	Casein, Gluten, Lactose, Preservatives, Synthetic dyes, Synthetic flavors
<b>Raw Material:</b>	Vitamin B12