



B-12 liquid presented in the bioactive methylcobalamin form for optimal absorption and retention. Cherry flavor.

APPLICATIONS / BENEFITS

- Optimizes energy production
- Promotes cardiovascular health
- Supports nervous system health
- Helps maintain normal homocysteine levels

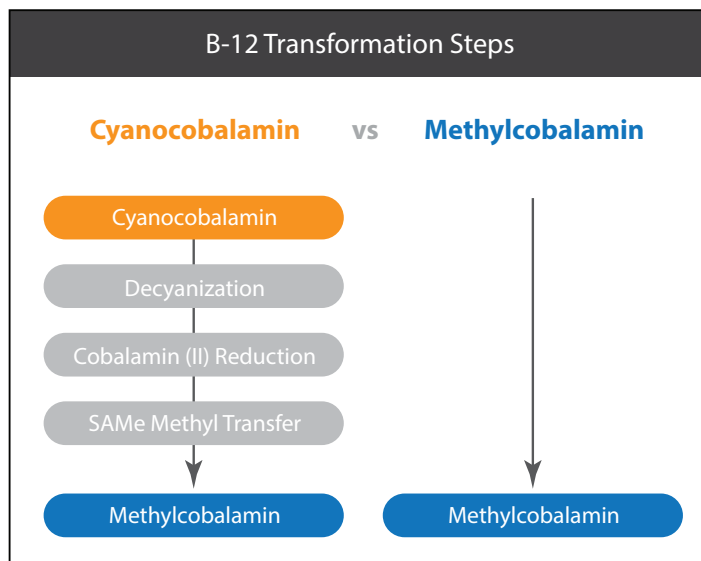
OVERVIEW

Patient One B-12 Liquid supplies 1000 mcg of B-12 in the metabolically active methylcobalamin form for optimal bioavailability and retention. Common B-12 supplements that use cyanocobalamin require the body to take extra steps to transform it into a usable compound. Our liquid promotes accelerated absorption and complete B-12 delivery. This is important because B-12 absorption from food or supplements declines with age. In fact, 15% of people aged 60+ are deficient in vitamin B-12. Vegetarians and vegans also face higher risk of B-12 deficiency. Patient One B-12 liquid is easy to measure in the provided calibrated glass pipette and features a pleasant cherry flavor to promote patient compliance.

KEY INGREDIENTS

B-12 as Methylcobalamin:

Methylcobalamin is a highly bioactive and bioavailable form of vitamin B-12, shown to be easier to absorb and utilize than the commonly used synthetic cyanocobalamin form which must be converted into the active methylcobalamin form to deliver wellness benefits. Methylcobalamin accounts for most B-12 circulating in plasma. Methylcobalamin B-12 supplies methyl groups for protein and DNA synthesis while supporting circulation, neurotransmitter production, and cellular energy production. B-12 also optimizes healthy homocysteine levels, promoting overall cardiovascular wellness.



RESEARCH

- A cohort study investigated the association between cognitive decline and B-12 and folate nutritional status. In the 1648 participants in the study, researchers found that low vitamin B-12 status was associated with more rapid cognitive decline.
- In a placebo-controlled, double-blind, randomized crossover study of 50 vegetarians with vitamin B-12 deficiency, researchers found that those taking 500 micrograms of supplemental vitamin B-12 appeared to experience improved arterial function when compared with the placebo group. Researchers concluded that B-12 supplementation is a novel strategy for promoting healthy arteries in vegetarians with low B-12 levels.

REFERENCES

1. Clarke, R. and Armitage, J. Vitamin supplements and cardiovascular risk: review of the randomized trials of homocysteine-lowering vitamin supplements. *Semin.Thromb.Hemost.* 2000;26(3):341-348.
2. Clarke R, Birks J, Nexø E, Ueland PM, Schneede J, Scott J, et al. Low vitamin B-12 status and risk of cognitive decline in older adults. *Am J Clin Nutr* 2007;86:1384-91.
3. Lee BJ, Huang MC, Chung LJ, Cheng CH, Lin KL, Su KH, et al. Folic acid and vitamin B12 are more effective than vitamin B6 in lowering fasting plasma homocysteine concentration in patients with coronary artery disease. *Eur J Clin Nutr* 2004;58:481-7.
4. Kwok T, et al. Vitamin B-12 supplementation improves arterial function in vegetarians with subnormal vitamin B-12 status. *J Nutr Health Aging.* 2012;16(6):569-73.

Supplement Facts

Serving Size: 1/2 dropper (0.5 mL)

Servings Per Container: 60

Amount Per Serving		% DV*
Vitamin B-12 (as methylcobalamin)	1000 mcg	41,667%

* Daily Values are based on a 2,000 calorie diet.

Other Ingredients: water, glycerin, natural cherry flavor, citric acid, potassium sorbate

Made with ingredients that are **free of:** milk, egg, fish, peanuts, crustacean shellfish, soy, tree nuts, wheat, yeast, gluten, sesame and GMOs.

Suggested Use: Place 0.5 mL under tongue, hold for 30 seconds and swallow, or take as directed by health practitioner. Shake well before using. Store in a cool, dry place.

Caution: If you are pregnant, nursing, or taking any medications, consult your health practitioner before use. Discontinue use and consult your health practitioner if any adverse reactions occur.

Vegetarian

Gluten Free

Non-GMO

The statements in this document have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

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Patient One
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