



Nutritional support for cellular energy, cardiovascular health and homocysteine balance

APPLICATIONS / BENEFITS

- Optimizes energy production
- Promotes cardiovascular health
- Supports DNA and red blood cell synthesis
- Promotes nervous system health
- Helps maintain normal homocysteine levels

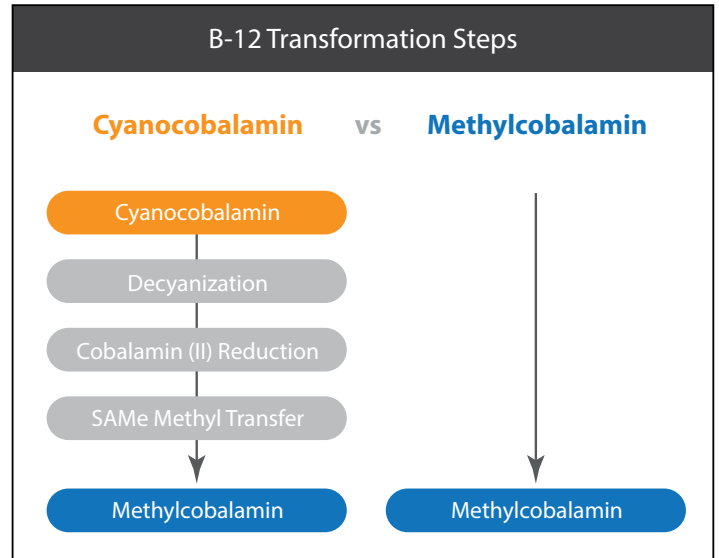
OVERVIEW

Patient One B-12 supplies 2000 mcg of B-12 in the metabolically active methylcobalamin form to ensure 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 lozenges dissolve under the tongue for 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. Each tablet of Patient One B-12 features a pleasing 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. Methylcobalamin accounts for most B-12 circulating in plasma. The synthetic cyanocobalamin B-12 form more commonly used in supplements must be converted into the active methylcobalamin form to deliver wellness benefits. 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, Nexo 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 Lozenge

Servings Per Container: 120

Amount Per Serving		% DV*
Vitamin B-12 (as methylcobalamin)	2000 mcg	83,333%

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

Other Ingredients: Pearlitol® (mannitol and cornstarch), natural cherry flavor, leucine, *Stevia rebaudiana* extract

Free of: milk, egg, fish, peanuts, crustacean shellfish, soy, tree nuts, wheat, yeast and gluten. Free of ingredients derived from GMOs.

Suggested Use: Allow 1 lozenge to dissolve in mouth daily as a dietary supplement, or as directed by your health practitioner. 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.

Keep out of reach of children.

Vegetarian

Gluten Free

Non-GMO

Lozenges

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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