

Vitamin B12 1000 Superior



Vitamin B12 - An important micronutrient for energy and nerves

Vitamin B12 is a water-soluble vitamin also known as cobalamin. It influences numerous processes in the human body and plays a role in energy metabolism, the nervous system and affects the psyche. Vitamin B12 also reduces tiredness and fatigue and supports the normal functions of the immune system. Vitamin B12 also contributes to normal homocysteine metabolism and, together with folic acid, can convert homocysteine into the essential amino acid L-methionine. However, since it is only found in animal foods in appreciable quantities, strict vegetarians and vegans in particular must ensure a sufficiently high supply of this important vitamin. Biogena Vitamin B12 1000 Superior with all naturally occurring cobalamins is an optimal solution for targeted vitamin B12 supply - day after day, simple and vegan.

Highly dosed vitamin B12 from 3 sources (MHA formula)

Biogena Vitamin B12 1000 Superior contains the three naturally occurring vitamin B12 compounds in the body in a perfectly balanced ratio: methylcobalamin (M), hydroxocobalamin (H) and adenosylcobalamin (A). Methylcobalamin and adenosylcobalamin are the forms of vitamin B12 that are active as coenzymes. Hydroxocobalamin is a precursor of the two coenzyme forms and is the natural depot form of the vitamin. The recommended daily dose of 1 capsule per day provides a total of 1000 µg of vitamin B12.

Vitamin B12 1000 Superior

- Highly dosed vitamin B12 mono-preparation in a modern formulation
- With vitamin B12 as MHA-formula - with all 3 naturally occurring forms of the vitamin
- Vitamin B12 contributes to normal energy metabolism, reduced fatigue and tiredness and normal homocysteine metabolism
- Vitamin B12 contributes to normal functioning of the nervous system and mental function
- Vitamin B12 supports the normal functions of the immune system and contributes to the normal formation of red blood cells

Possible uses

- For the targeted supply of high-dose vitamin B12 as an MHA formula, e.g. in vegetarian and vegan diets
- As a nutritive supplement to support normal energy metabolism and reduce fatigue and fatigue symptoms
- To support the normal functions of the nervous system and the psyche
- As a nutritional contribution to the normal functions of the immune system and the formation of red blood cells

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BIOGENA
WELCOME TO YOURSELF

Bioavailable micronutrients in pure form

- According to the pure substance principle
- Gluten-free
- Lactose-free
- Hypoallergenic
- Vegetable capsule shell
- 100 % vegan
- Tested quality

INGREDIENTS per daily dose	1 Capsule	% NRV*
Vitamin B12 (MHA-Formula)	1000 µg	40000

* % OF NUTRIENT REFERENCE VALUES IN ACCORDANCE WITH EU REGULATION 1169/2011.

INGREDIENTS

Bulking agent: powdered cellulose, hydroxypropyl methyl cellulose (capsule shell), vitamin B12 (methylcobalamin, hydroxocobalamin, 5'-deoxyadenosylcobalamin).

RECOMMENDED DOSAGE

1 capsule daily taken with plenty of liquid.

NOTE

Food supplements according to EU Directive 2002/46/EC. *The product Vitamin B12 1000 Superior may have a light to bright pink color. Responsible for this color difference is the raw material hydroxocobalamin, which can have a color from cream to reddish. This has no effect on the quality of the product, it is a purely optical difference which is easily recognisable through the transparent capsule shell.*

PACKAGE SIZE AND CONTENT

90 capsules (3 month supply), 25 g

Food supplements: The recommended daily intake must not be exceeded. Important note: The product Vitamin B12 1000 Superior may have a light to bright pink color. Responsible for this color difference is the raw material hydroxocobalamin, which can have a color from cream to reddish. This has no effect on the quality of the product, it is a purely optical difference which is easily recognisable through the transparent capsule shell. Store in a dark, dry place at room temperature. Protect from heat. Keep out of reach of children. Suitable for diabetics. The information provided here is not a statement on healing or a recommendation to self-medicate. Vcaps® Plus is a trademark of Lonza or its affiliates, registered in the USA. Subject to print or typographical errors. Version: 23.02.2023



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