B12 Folate



Vitamin B12 (methylcobalamin) and activated folate

Vitamin B12 and folic acid - team players for blood and nerves

Vitamin B12 and folic acid are among the water-soluble vitamins of the B series. In combination with other micronutrients, both team players are involved in the breakdown of homocysteine. Nowadays, researchers often focus on the micronutrients involved in the composition and breakdown of this intermediate metabolic product because homocysteine can affect different bodily functions. In addition to their involvement in homocysteine metabolism, folic acid and vitamin B12 are also involved in blood formation and support the normal mental functions. Furthermore, both B vitamins can help reduce tiredness and fatigue. In addition to standard folic acid, the revised formulation of 'B12 Folsäure' also contains its activated form (Quatrefolic®) and thus, corresponds to the demands of current science.

Biogena B12 Folsäure:

- Vitamin B12 and folic acid contribute to normal homocysteine metabolism
- Vitamin B12 supports the normal functioning of the nervous system
- Vitamin B12 and folic acid contribute to the normal mental functions
- Vitamin B12 plays an important role in the normal formation of red blood cells; folic acid is involved in the normal formation of blood

Possible uses:

- For the targeted intake of highly dosed vitamin B12 and activated folic acid (Quatrefolic®)
- As a nutritional support to help the normal homocysteine metabolism
- To support the nervous system and the normal psychological functions
- To promote the normal formation of blood

Bioavailable micronutrients in a pure form

- According to the pure substance principle
- Without colours, flavours or glazing agents
- Gluten-free
- Lactose-free
- Fructose-free
- Hypoallergenic
- Vegetable capsule shell
- 100 % vegan
- Quality tested

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INGREDIENTS per daily dose	1 Capsule	% NRV*
Folate (total)	400 µg	200
from folic acid from 5MTHF-glucosamine (activated folate)	200 μg 200 μg	100 100
Vitamin B12 (as methylcobalamin)	400 μg	16000

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

INGREDIENTS

Bulking agent: powdered cellulose, hydroxypropyl methyl cellulose (capsule shell), methylcobalamin, 5MTHF-glucosamine, folic acid.

RECOMMENDED DOSAGE

1 capsule daily taken with plenty of liquid.

NOTE

Food supplement in accordance with EU Directive 2002/46/EC

IMPORTANT NOTICE

Not suitable under the age of 11.

PACKAGE SIZE AND CONTENT

120 capsules (4 month supply), 22 g

Food supplement: The recommended daily dosage should not be exceeded. No substitute for a balanced and varied diet and a healthy lifestyle. 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. Subject to print or typographical errors. Version 11.08.2018.



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