

LIPOSOMAL

B12/ METHYLFOLATE

2 FL. OZ/60 ML PER BOTTLE. SERVING SIZE: 1 ML SERVINGS PER BOTTLE: 60
DELIVERING LIPOSOMAL B12/METHYLFOLATE

Tingling or burning prickling sensations in the legs and hands

- ✓ Brain function¹
- ✓ Energy levels if deficient in B12
- ✓ Mood health²
- Digestive health
- ✓ Healthy fertility, pregnancy and lactation³
- ✓ Anti-inflammatory⁴
- ✓ Ideal for those with the MTHFR gene mutation
- ✓ Suitable for all ages

SCIENCE & BENEFITS

Vitamin B12 (in the form of Methylcobalamin) supports brain and nerve health; it is called "neurologically active."

Your liver must convert regular B12 (cyanocobalamin) into methylcobalamin. Some people have difficulty converting inactive cyanocobalamin into active methylcobalamin. We believe it's best to err on the cautious side and provide activated/broken down B12 in the most bioavailable form possible.

Most B12 supplements are broken down by stomach acid prior to being absorbed into the bloodstream and carried to cells, whereas liposomal B12 allows the active B12 vitamin to be encased in a protective fatty liposome to provide a barrier against stomach acids, so more nutrients get delivered where you need them: in your cells.

Methylfolate, otherwise known as 5-MTHF, is the active form of folate, rather than the standard alternative nutrient folic acid or synthetic vitamin B9. Up to 1 in 3 individuals carries a genetic mutation called MTHFR in which they have difficulty breaking down folic acid into folate, which carries risks of elevated homocysteine-related to heart concerns as well as neurotransmitter (brain chemical messenger) issues. We believe it's best to err on the side of caution and provide activated/broken down folate (methylated folate) in its most bioavailable form possible.



B12/METHYLFOLATE

2 FL OZ/60

WHY LIPOSOMAL

Liposomes: 'lipo'=fat, 'soma'=body in Greek, are microscopic fat soluble conduits that deliver targeted nutrition to our cells. Our cells contain fatty phospholipid layers around them. Because the liposomal nutrient is packaged in a natural fatty layer like our own body cells, it passes through the digestive system and maximises absorption directly into the bloodstream.

B12/METHYLFOLATE

TECHNICAL DATA SHEET

SUPPLEMENT FACTS

2 FL. OZ/60ml per bottle. Serving Size: 1ml. Servings per bottle: 60

	Per Serving	%DV
Folate (as L-Methylfolate)	50mcg	13
Vitamin B12 (as methylcobalamin)	500mcg	8,333
Natural (non-hydrogenated) Phosphatidylcholine	100mcg	*

^{*}Daily value not established







PRODUCT DESCRIPTION

Water soluble Folate (as L-Methylfolate) and Vitamin B12 (as methylcobalamin) is a vibrant pink liquid that contains natural flavours.

INGREDIENTS

- Folate (as L-Methylfolate), vitamin B12 (as methylcobalamin), phosphatidylcholine (from non-GMO sunflower oil) -glycerin complex, non-GMO oleic acid
- Other ingredients: purified water, natural flavours, potassium sorbate
- Natural flavours are fruit and berry extracts and contain no msg & no tomato
- Vegan absolutely no ingredients from animal origin are in this product
- $\bullet\,$ GMO free manufactured using only non-GMO ingredients that are found in nature

SUGGESTED USE

Take 1 millilitre daily (about 20 drops) or as directed by your healthcare professional. Follow with water for taste or mix into any drink, if preferred. For children over the age of 4, add about 10 drops to their favourite beverage.

PHYSICAL PROPERTIES

Solubility: Will disperse in any liquid drink (e.g. water, juice, smoothies)

Consistency: Medium viscosity liquid

Colour: Vibrant pink

Storage & Handling: Store in cool dry location, refrigerate after opening, use

within 45 days of opening **Common Allergens**: None

GMO: None

Irradiation: None (raw materials nor finished product)

Water: Meets pharmaceutical requirements with conductivity < 0.07 μ S/cm

Quality: Manufactured by a GMP certified company

DISCLAIMER: Always consult with a doctor/qualified healthcare professional prior to taking any dietary supplements. LipoRevolution™ products do not replace the advice of your medical professional. LipoRevolution™ does not attempt or intend to treat, diagnose, cure or prevent any medical disease. Taking dietary supplements does not substitute for a healthy diet. Always check for medication/supplement interactions with your doctor prior to taking dietary supplements.

REFERENCES

- 1. Vitamin B12, folic acid, and the nervous system. Reynolds E. Lancet Neurol. 2006 Nov;5(11):949-60.
- Vitamin B12 supplementation in treating major depressive disorder: a randomised controlled trial. Syed EU, Wasay M, Awan S. Open Neurol J. 2013 Nov 15;7:44-8. doi: 10.2174/1874205X01307010044. eCollection 2013.
- 3. Vitamin B12 supplementation during pregnancy and postpartum improves B12 status of both mothers and infants but vaccine response in mothers only: a randomised clinical trial in Bangladesh. Siddiqua TJ, Ahmad SM, Ahsan KB, Rashid M, Roy A, Rahman SM, Shahab-Ferdows S, Hampel D, Ahmed T, Allen LH, Raqib R. Eur J Nutr. 2016 Feb;55(1):281-93. doi: 10.1007/s00394-015-0845-x. Epub 2015 Feb 4.
- 4. Effects of methylcobalamin (vitamin B12) on in vitro cytokine production of peripheral blood mononuclear cells. Yamashiki M, Nishimura A, Kosaka Y. J Clin Lab Immunol. 1992;37(4):173-82.