

Vitamin B12 Liposomal

What do I use it for?

- Supports sound sleep
- Supports alertness, mental clarity and mood
- Supports energy levels and vitality

What makes it special?

Vitamin B12 can be poorly absorbed by those with weak or ageing digestive systems. Using liposomal technology Vitamin B12 Liposomal is more bioavailable and comes in an easy to take liquid format. This formula uses the active form of B12, methylcobalamin, that is immediately usable in the body.

How does it work?

Liposomal spheres created from sunflower oil to provide a delivery capsule of phospholipid, the same substance as our cells. These are filled with our Vitamins B12 and their small size allows them to pass easily through the digestive system for immediate cellular support.

Directions

One serve = 0.25ml (5 drops)

Adults: Once daily **Children (4 years +):** ½ serve daily

Best taken 15 minutes away from food. You can dilute to taste with a small amount of water or juice



Active Ingredients

Each serve of 0.25ml contains:

Ingredients	Strength Units
Vitamin B12 (methylcobalamin)	50 mcg

Also contains: Purified water, glycerin, structured sunflower seed lecithin (providing essential phospholipids including phosphatidylcholine), natural fruit flavours, acacia gum, xanthan gum, potassium sorbate

No Added: Gluten, dairy, sugar, artificial colours, sweeteners and flavours.

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Precautions and Contraindications

- None known

Warnings

- None known

Pregnancy and Breastfeeding

- Suitable for pregnant and breastfeeding women.

Side Effects

- Considered well tolerated

Drug Interaction

- None known

Available in

