

Mega B₁₂ Folic

Support for Healthy Nervous System
Function and Cardiovascular Health♦

NutriDyn Mega B₁₂ Folic is a unique formula that contains bioactive, patented forms of vitamin B₁₂ (as methylcobalamin) and vitamin B₉/folic acid (as BioFolate®) for supporting cardiovascular and nervous system function.♦ BioFolate® is a new generation of folic acid that is in a reduced and methylated form, thereby bypassing the need for enzymes to convert the vitamin to a biologically-active state.

B vitamins have ubiquitous actions in the body and are involved in practically every metabolic reaction in cells. They are key for a myriad of physiological processes such as proper formation of neurotransmitters, energy production, cellular respiration, and maintaining healthy DNA.♦¹

Moreover, longitudinal studies suggest that deficiencies in several of the B vitamins accelerates brain tissue atrophy and cognitive decline.² In fact, recent research suggests that BioFolate® and supplemental vitamin B₁₂ is effective for supporting cognition, energy production, and neural tissue.♦^{3,4}

How Mega B₁₂ Folic Works

Folic acid is vital for nearly every physiological reaction in the body that involves a one-carbon transfer. Unfortunately, folic acid found in food and many dietary supplements needs to go through several enzymatic conversions to be converted to its bioactive form called L-5-methyltetrahydrofolate (5-MTHF).

BioFolate® found in Mega B₁₂ Folic contains 5-MTHF for supporting normal folate status, regardless of whether you lack the necessary enzymes to properly utilize folic acid. Folic acid works in conjunction with vitamin B₁₂ to promote healthy DNA, as well as synthesize hemoglobin – a protein found in red blood cells that transports oxygen and carbon dioxide.

Vitamin B₁₂/cobalamin is the most chemically complex of all vitamins and plays a key role throughout the nervous system. Along with folic acid, vitamin B₁₂ works to create DNA and is involved in metabolism of all the amino acids synthesized in the body.

Deficiencies of vitamin B₁₂ can lead to serious, irreversible health consequences such as damage to the brain and nervous system and/or pernicious anemia (lack of red blood cell production).⁵

Furthermore, vitamin B₁₂ is needed for the body to convert homocysteine to methionine; methionine is necessary for the formation of S-adenosyl-methionine (S-AdoMet), which is involved in synthesis of catecholamines and various neurotransmitters. In this sense, vitamin B₁₂ is integral to supporting mood and cognition – via S-AdoMet – as deficiencies can lead to depression and high levels of anxiety.⁶

Mega B₁₂ Folic Supplementation

Research cited herein suggests BioFolate® and vitamin B₁₂ have a pivotal role in supporting healthy nervous and cardiovascular system function.♦ Moreover, these B vitamins work in concert for proper DNA maintenance, energy production, cellular respiration, hormone production, and a variety of other processes.♦ research-backed benefits may include:

- Supports cardiovascular function and energy production♦
- Supports cognitive function and healthy mood♦
- Helps support and maintain DNA♦
- Helps metabolize amino acids♦



Form: Liquid (59 mL)

Serving Size: 1 Dropper (1 mL)

| Ingredients | Amount | %DV |
|---|---------------|---------|
| Folate (as calcium L-5-methyltetrahydrofolate) (BioFolate®) | 1,667 mcg DFE | 417% |
| Vitamin B ₁₂ (as methylcobalamin) | 1 mg | 41,467% |

Other Ingredients:

Deionized water, agave, natural raspberry flavor, citric acid, and sodium benzoate.

BioFolate® is a federally registered trademark of MTC Industries, Inc.

Directions:

This product comes in a pleasant raspberry-flavored liquid. Take one full dropper after meals as a dietary supplement, or as directed by your healthcare practitioner. Shake well before use.

Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.



GLUTEN-FREE



DAIRY-FREE



VEGETARIAN



NON-GMO



PRODUCED IN A
cGMP FACILITY

♦ These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

References:

1. Calvaresi, E., & Bryan, J. (2001). B Vitamins, Cognition, and Aging a Review. *The Journals of Gerontology Series B: Psychological Sciences and Social Sciences*, 56(6), P327-P339.
2. Van Uffelen, J. G., Chinapaw, M. J., van Mechelen, W., & Hopman-Rock, M. (2008). Walking or vitamin B for cognition in older adults with mild cognitive impairment? A randomized controlled trial. *British journal of sports medicine*.
3. Scaglione F, Panzavolta G. (2014). Folate, folic acid and 5-methyltetrahydrofolate are not the same thing. *Xenobiotica*.
4. Eussen, S. J., de Groot, L. C., Joosten, L. W., Bloo, R. J., Clarke, R., Ueland, P. M., ... & van Staveren, W. A. (2006). Effect of oral vitamin B-12 with or without folic acid on cognitive function in older people with mild vitamin B-12 deficiency: a randomized, placebo-controlled trial. *The American journal of clinical nutrition*, 84(2), 361-370.
5. HU, R. (2015). Vitamin B12 deficiency. *European Journal of General Medicine*, 12(3).
6. Penninx, B. W., Guralnik, J. M., Ferrucci, L., Fried, L. P., Allen, R. H., & Stabler, S. P. (2000). Vitamin B12 deficiency and depression in physically disabled older women: epidemiologic evidence from the Women's Health and Aging Study. *American Journal of Psychiatry*, 157(5), 715-721.