



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 many 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 Recent research suggests that BioFolate[®] and supplemental vitamin B12 effectively support 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 to form S-adenosyl-methionine (SAME), which is involved in the synthesis of catecholamines and various neurotransmitters. In this sense, vitamin B12 is integral to supporting mood and cognition—via SAME—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 B12 (as methylcobalamin)	1 mg	41,467%

Other Ingredients:

Purified water, agave, citric acid, natural raspberry flavor, sodium benzoate.

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

Directions:

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.