

# Cyto·B12

500mcg of methylcobalamin per liquid drop in a natural blueberry flavour. 450 servings per bottle.

Each drop contains:

Vitamin B12 (methylcobalamin)

500mcg

15ml liquid



Vegan. GMO, gluten, soy and dairy free.

B-vitamins are necessary cofactors in enzymatic reactions and most physiological functions. Vitamin B12 in particular plays a critical role in maintaining nervous system function. Signs and symptoms of B12 deficiency can include fatigue, cognitive decline, mood changes, peripheral neuropathy, restless leg syndrome, macrocytic anemia and hyperhomocysteinemia.

This crucial vitamin is primarily found in animal meats, meaning that vegans and vegetarians are at particular risk of developing suboptimal levels. However, various stressors such as digestive diseases and pharmaceutical medications can also lead to a vitamin B12 deficit in the body. In fact, one large-scale research trial found that almost 40% of the general population

## Key points

- Signs and symptoms of vitamin B12 deficiency include fatigue, cognitive decline, mood changes, peripheral neuropathy, restless leg syndrome, macrocytic anemia and hyperhomocysteinemia
- Supplemental vitamin B12 can be found in multiple forms, although methylcobalamin is the form predominantly found in plasma and cerebrospinal fluid
- Methylcobalamin specifically has been studied for its ability to improve peripheral neuropathy, multiple sclerosis, low mood and cognitive decline
- Each drop provides 500mcg of stable methylcobalamin in a natural blueberry flavour
- 450 servings in each 15ml bottle
- Vegan and free from dairy, gluten, soy and GMOs

may have suboptimal B12 serum levels. For these many reasons, vitamin B12 supplementation may be necessary in select populations.

Vitamin B12 can be found in a number of forms including cyanocobalamin, hydroxocobalamin, adenosylcobalamin and methylcobalamin. The latter two forms are generally preferred for supplementation as these are the cofactor forms used in enzymatic reactions within the body. Adenosylcobalamin is the major form in cellular tissue while methylcobalamin is predominant in plasma and cerebrospinal fluid.

Specifically, methylcobalamin has been studied to protect the brain and neurological tissue in cases of multiple sclerosis, cognitive disease, poor mood and peripheral neuropathy. It has also been shown to normalize circadian rhythms and improve sleep parameters.

**Cyto-B12** offers a liquid delivery of the highly bioavailable vitamin B12 in the form of methylcobalamin. Each drop provides 500mcg in order to offer targeted and variable dosing. Each 15ml bottle of **Cyto-B12** contains 450 servings in a natural blueberry flavor.

## Related products

Acetyl L-Carnitine  
Adrenal Defence  
Bio-B Matrix B6  
Bio-B Matrix LT  
Bio-B Matrix HP  
Bio-Ferra  
Brain-Matrix  
Cyto-ALA  
Cyto-Folate  
Cyto-Inositol  
Iron Bis-glycinate  
Iron Matrix  
Liposomal-B12  
Mito-Matrix  
Mood-Matrix  
Multi Matrix  
Multi-Matrix Powder  
Relax Matrix  
Women's Multi

**Indications:** A factor in the maintenance of good health. Helps in energy metabolism in the body, the normal function of the immune system, healthy metabolism and to form red blood cells. Helps to prevent vitamin B12 deficiency.

**Directions:** Ages 1 and older - Take 1 drop, 1-2 times per day or as directed by a healthcare professional.

**Non-Medicinal Ingredients:** Natural blueberry flavour, natural flavour, glycerin, potassium phosphate, potassium sorbate, disodium EDTA, stevia, purified water.

**Warnings:** Do not use if safety seal is broken.



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