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Vitamin B



B-12 Dots

Vitamin B-12 Discovered
Vitamin B12, or cobalamin, was isolated from a liver extract in 1948 and identified as the nutritional factor in liver, which prevented pernicious anemia, a deadly type of anemia characterized by large, immature blood cells.

Sources of Vitamin B12
Dietary B12 comes primarily from animal products. So if you are a vegetarian or vegan you may want to consider supplementing with Vitamin B12.

What does Vitamin B12 do in the body?
Vitamin B12 functions in the body in the form of two coenzymes. Vitamin B12 can function in the metabolism of fatty acids, which are used to maintain certain layers of the nerves. It is needed for DNA synthesis particularly in the production of red blood cells, which carry oxygen to the body. It also acts as a carrier of methyl groups used to produce molecules such as creatine, which is necessary for energy reserves in the muscles.*

B-12 Dots are to be held under the tongue until completely dissolved to maximize absorption of the B-12.

Twinlab Vitamin B-12 Dots

Have a delicious 100% natural cherry flavor that is sugar free.
Contain no preservatives, fructose, honey, artificial flavors or colors.
Vegetarian Formula contains no soy, yeast, wheat, milk or egg derivatives.
B-12 Dots 500 mcg are available in 100 and 250 dot sizes.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.

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