



B₁₂ Folic

What Is It?

B₁₂ Folic is a combination of two water-soluble B vitamins, folic acid and vitamin B₁₂. These two vitamins are interrelated in function. They convert carbohydrates into energy and are vital in the metabolism of fats and protein. They play an important role in the maintenance of muscle tone in the GI tract, the functioning of the nervous system, and the integrity of skin, hair, and the liver. Folic acid is essential for normal fetal neural development. The B₁₂ in this formula is provided as methylcobalamin, the most bioavailable form of this vitamin, as it does not require intrinsic factor for absorption.*†

Uses For B₁₂ Folic

Healthy Fetal Neural Development: Folic acid is an integral factor involved in the formation of nucleic acids and the production of healthy DNA and chromosomes. In particular, this B vitamin is critical for the proper neural and cellular development of the fetal central nervous system. Folic acid promotes healthy cellular differentiation during the formation of the brain and spinal cord, helping to prevent neural tube defects. Additionally, folic acid is important for the growth and reproduction of red and white blood cells.*†

Nervous System Health: In recent studies, methylcobalamin has demonstrated an enhanced ability to support neurological function. Vitamin B₁₂ promotes protein synthesis for maintaining healthy nerve cells and myelin. Methylcobalamin may also help to moderate levels of glutamate in the brain, encouraging healthy brain cell activity, as well as memory, mood, and cognitive function. In general, vitamin B₁₂ works with folate to promote DNA and red blood cell health.*

What Is The Source?

Folic acid is synthetically produced. Methylcobalamin is produced from corn dextrose fermentation. Hypo-allergenic plant fiber is derived from pine cellulose. Vitamin C (ascorbyl palmitate) is derived from corn dextrose fermentation and palm oil.

Recommendations

Pure Encapsulations recommends 1-2 capsules per day, in divided doses with meals.

Are There Any Potential Side Effects Or Precautions?

At this time, there are no known side effects or precautions. If pregnant or lactating, consult your physician before taking this product.

Are There Any Potential Drug Interactions?

Folic acid may adversely interact with chemotherapeutic drugs.

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each vegetable capsule contains



methylcobalamin (B ₁₂)	800 mcg.
folic acid	800 mcg.**
vitamin C (as ascorbyl palmitate).....	2 mg.
(hypo-allergenic plant fiber added to complete capsule volume requirement)	

**Provides the recommended dose for pregnant or lactating women.

1-2 capsules per day, in divided doses, with meals.

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

For educational purposes only. Consult your physician for any health problems.

†Women who consume healthful diets with adequate folate may reduce their risk of having a child with birth defects of the brain or spinal cord. Folate intake should not exceed 250% of the DV (1,000 mcg).