

# Liquid B12 Plus

59 mL (2 fl. Oz.), Liquid Vitamin Supplement, Stock No. 1588-7

**T**he B vitamins offer many health benefits and influence the health of most of the internal organs of the body. They help promote energy, maintain the nervous system, improve immune functions and buffer the effects of stress.

Vitamin B12 supplements may be essential for vegetarians since dietary sources of vitamin B12 are mostly foods of animal origin. Symptoms of vitamin B12 deficiency may take more than five years to appear after the body stores have been depleted. People at risk for deficiency are those who have digestion problems or have had intestinal surgery or radiation, anyone aged 60 or older, strict vegetarians, breast-fed infants of vegetarian mothers, drinkers and people taking drugs to lower cholesterol.

Supplementing with Liquid B12 Plus helps replenish the body's supply of this essential nutrient.

## *Did you know?*

Deficiency of the B vitamins may result in anemia, a condition characterized by weakness because of the reduced ability of the blood to efficiently transport oxygen around the body. Vitamin B12 affects neurologic health and mood, appetite and brain growth. The B vitamins also have beneficial effects on the immune system. Vitamins B2 and B6 aid in the maintenance of glutathione,

an important antioxidant for certain immune system functions. Because the immune system plays a key role in the body's ability to maintain overall health, it is a good idea to supplement with these key vitamins.

## *NSP Advantage*

59 mL (2 fl. Oz.) Liquid Vitamin Supplement. Suitable for vegetarians. Contains no animal by-products.

NSP has tested many liquid B vitamin products available on the market. Our research indicates that these products do not always meet the levels of vitamins claimed on their labels. NSP Liquid B12 Plus has been carefully developed, researched and guaranteed to maintain full potency.

*Ingredients:* Medicinal Ingredients: Each 1 mL provides: 1000 mcg vitamin B12, 0.5 mg thiamine (vitamin B1), 0.85 mg riboflavin (vitamin B2); 10 mg niacin (vitamin B3); 1 mg vitamin B6. Non-medicinal ingredients: purified water, sorbitol, vegetable glycerin, natural flavours, citric acid, sodium bicarbonate, malic acid, potassium sorbate, sodium benzoate.

*Recommendation:* Liquid B vitamin supplement. Take 1 mL once daily. Hold under the tongue for 30 seconds before swallowing. May take an additional 1 mL daily if desired. For therapeutic use only.

## Features & Benefits

- Large doses of vitamin B12 have been observed to counteract fatigue, increase energy and improve concentration, memory and balance.
- Studies have shown vitamin B12 may reverse neurological symptoms such as tingling hands and feet, unsteady gait and muscle weakness.
- May help relieve pain associated with rheumatism and arthritis.
- Has provided relief of the following symptoms: increased nervous irritability, mild impairment in memory, inability to concentrate, mental depression and insomnia.