

Active B₁₂-Folate

High potency, fast dissolving tablets

Introduction

Active B₁₂-Folate combines a bioactive vitamin B₁₂ with folate at concentrated levels to support cardiovascular and nervous system health.[†] Active B₁₂-Folate comes in a convenient lozenge form to support optimal absorption and utilization by the body.[†]

Product features

- **Lozenge form to support optimal absorption:**[†] The lozenge tablet form of Active B₁₂-Folate tastes great and dissolves in the mouth, facilitating absorption when swallowed.[†]
- **Bioavailable form of vitamin B₁₂:**[†] Vitamin B₁₂ can be supplied in many forms. Cyanocobalamin, a form of vitamin B₁₂ commonly found in dietary supplement products, is not as easily absorbed and utilized by the body. Active B₁₂-Folate uses a form of vitamin B₁₂, methylcobalamin, that is more bioavailable to support optimal absorption and utilization by the body.[†]
- **Active form of folate:**[†] Active B₁₂-Folate uses methylfolate (Metafolin®), the active form of folate. Compared to folic acid, a version of folate most commonly found in dietary supplements and fortified foods, Metafolin is highly bioavailable, supporting absorption and utilization in the body.[†]
- Free of the following common allergens: milk/casein, eggs, fish, shellfish, tree nuts, peanuts, wheat, and soybeans. Contains no artificial colors, flavors, or preservatives.

Background

Vitamin B₁₂ plays a variety of critical roles in the body, from creating new red blood cells to working on the smallest level of the body, helping to build DNA.[†] Another role vitamin B₁₂ plays is the methylation of a compound called homocysteine.[†] Homocysteine is an amino acid that, when methylated, is linked to positive cardiovascular health. Vitamin B₁₂ supports healthy blood cells, cardiovascular health and optimal functioning of the body on many levels.[†]

Folate, is also considered part of the B vitamin family. Folate works synergistically with vitamin B₁₂ and plays an important role in supporting nerve and cardiovascular health.[†] Just as vitamin B₁₂ supports the methylation of homocysteine, folate also plays a role in this process, working together with vitamin B₁₂.[†] Women of child-bearing age are recommended to take this vitamin as it supports healthy fetal development of the nervous system.[†] Because folate supplementation can mask a B₁₂ deficiency, these vitamins are usually taken together.

Formula

SUGGESTED USE: Dissolve 1 tablet daily in the mouth before swallowing or as directed by a healthcare professional. **Caution:** If you are pregnant, nursing, have a medical condition, or taking prescription drugs, consult your healthcare professional before using this product. Keep out of the reach of children.

Supplement Facts		
Serving Size 1 Tablet		
Amount Per Tablet	% Daily Value	
Folate (as Metafolin® L-5-methyltetrahydrofolate)	1,360 mcg DFE	340%
Vitamin B ₁₂ (as methylcobalamin)	1,000 mcg	41,667%

Other ingredients: Mannitol, vegetable stearine, silicon dioxide, croscarmellose sodium, and magnesium stearate.

[†]Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.



How supplied

120 capsules per bottle.

Storage

Store in a cool, dry place (59°F-85°F) away from direct light.

ABF 60 tablets