



# LIQUID – METHYL VITAMIN B12 COMPLETE

## Liquid B-Complex

The B vitamins help promote energy, maintain the nervous system, support immune functions and buffer the effects of stress. Notably, the B vitamins influence the health of most of the internal organs of the body. Vitamins can be obtained from the diet, but some of the vitamins, especially B and C vitamins, are easily lost or destroyed during cooking and processing. Liquid B vitamins may be especially important for vegetarians since dietary sources of vitamin B12 are mostly foods of animal origin.

## BENEFITS

- Promotes energy
- Contributes to overall central nervous system function
- Supports the immune system
- Provides 1,000 mcg vitamin B12 per serving

## KEY INGREDIENTS

Niacin, vitamin B6 (pyridoxine), vitamin B12 (methylcobalamin), riboflavin (B2), thiamin (B1) mononitrate, water, sorbitol, vegetable glycerin, natural flavors, citric acid, sodium bicarbonate, malic acid, potassium sorbate and sodium benzoate.

## RECOMMENDED USE

Take 1 ml (17-18 drops) once daily. Hold under the tongue for 30 seconds before swallowing.

May take one additional dose for energy.

## COMPLEMENTARY PRODUCTS:

Probiotic Eleven® daily use probiotic, Bacillus Coagulans targeted use probiotic, CleanStart®, CleanStart® Mild, Detox Basics™, Berberine IR™.

## FREQUENTLY ASKED QUESTIONS (FAQS)

### *WHAT IS THE DIFFERENCE BETWEEN THE PREVIOUS VERSION OF LIQUID VITAMIN B12 COMPLETE AND THE NEW LIQUID - METHYL VITAMIN B12 COMPLETE?*

Liquid Vitamin B12 Complete contains 1,000 mcg of Vitamin B12 in the form of cyanocobalamin. The NEW Liquid - Methyl Vitamin B12 Complete contains 1,000 mcg of Vitamin B12 in the form of methylcobalamin, which is the biologically active form used by the body.

### *HOW SOON CAN I EXPECT LIQUID - METHYL VITAMIN B12 COMPLETE TO START WORKING?*

Most people who have taken this product reported that it works within 1-2 weeks of consistent daily use. However, individual results may vary.

### *IS CONSUMING 41,666% OF RDV SAFE?*

This vitamin is non-toxic. However you should consult your healthcare practitioner to determine if consuming excess Vitamin B12 is right for you.

### *CAN I TAKE LIQUID - METHYL VITAMIN B12 COMPLETE IF I AM ALREADY TAKING A PRESCRIPTION MEDICATION?*

As with all nutritional supplements, we recommend that you consult your healthcare practitioner prior to taking Liquid - Methyl Vitamin B12 Complete.

### **Liquid - Methyl Vitamin B12 Complete** Liquid B-Complex

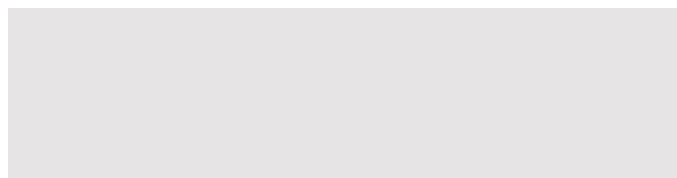
Product Stock Number: 21690 (2 fl. oz./59 ml)

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

| <b>Supplement Facts</b>                        |               |        |
|--|---------------|--------|
| Serving Size 1mL                               |               |        |
| Servings Per Container 59                      |               |        |
| Amount Per 1mL                                 | % Daily Value |        |
| Thiamin (vitamin B <sub>1</sub> , mononitrate) | 0.5mg         | 42%    |
| Riboflavin (vitamin B <sub>2</sub> )           | 0.85mg        | 65%    |
| Niacin (niacinamide)                           | 10mg          | 63%    |
| Vitamin B <sub>6</sub> (pyridoxine HCl)        | 1mg           | 59%    |
| Vitamin B <sub>12</sub> (methylcobalamin)      | 1,000mcg      | 41667% |

Other Ingredients: Water, sorbitol, vegetable glycerin, natural flavors, citric acid, sodium bicarbonate, malic acid, potassium sorbate, and sodium benzoate.

For more information, contact:



**NATURE'S SUNSHINE®**