

PRODUITS NATURELS

Nutra-Strip.com  
NATURAL PRODUCTS

# VITAMIN B12



Vitamin B12 is essential to good health and in particular allows the body to produce healthy red blood cells, and helps to metabolize hydro-carbons, fats and proteins. Nutra-Strip Vitamin B12 supplement supplies the human physiological form of Vitamin B12, Methylcobalamin, which is very important to the maintenance of good health. Typical symptoms of Vitamin B12 deficiency are characterized by fatigue, depression and poor memory. Vitamin B12 plays a key role in the normal functioning of the brain and nervous system, in the formation of blood and in the digestion of food. The ingestion of Vitamin B12 supplement helps to maintain good health

as Vitamin B12 is not synthesized by the human body and must come from animal sources. Vegetarians and vegans are more prone to developing deficiencies in Vitamin B12 which must be supplemented with Vitamin B12 supplements.

## Ingredient

Methylcobalamin, 1 000 mcg per strip.

## Non-medicinal ingredients

Algin, Modified Cellulose, Corn Starch, Modified Corn Starch, Soy Lecithin, Polysorbate 80, Glycerin, Sorbitol, Sucralose, Natural Freshmint Flavor, Natural Cherry Flavor.

## Recommended uses

- A factor in the maintenance of good health.
- Helps the body to metabolize carbohydrates.
- Helps the body to metabolize fat.
- Helps the body to metabolize proteins.
- Helps to form red blood cells.
- Helps to prevent vitamin B12 deficiency.

## Directions

Adults: Place one strip on the tongue once a day.

**Keep out of reach of children.**

**Protect from heat and humidity.**