

Vitamin B12 60 Tablets

EAN: 5055148401900

FABRICANTE: LAMBERTS



Vitamin B12 1000 mcg as Methylcobalamin. Helps with homocysteine metabolism, energy metabolism and more.

DESCRIPTION

Our vitamin B12 is created through a fermentation process, and no animal products are used. The raw material comes from various countries, most commonly Europe. It is suitable for both vegetarians and vegans.

Vitamin B12 is a complex substance with the mineral cobalt at its core.

This vitamin was first isolated from the liver in 1948 and is necessary for DNA synthesis and normal homocysteine metabolism. However, in cases of achlorhydria (absence of hydrochloric acid in the stomach), this vitamin may not be able to be extracted from food.

Vitamin B12 is found primarily in animal foods, such as meat. For this reason, health professionals often recommend it to vegetarians and vegans.

It is primarily involved in the rapid regeneration of bone marrow and red blood cells. Vitamin B12, iron and folic acid, all identified as haematinic factors, are vital for the proper formation of blood cells and for the normal function of the immune system and nervous system. Like most B vitamins, it contributes to normal energy metabolism and to the processes that release energy from food.

Vitamin B12, iron and folic acid, all identified as haematinic factors, are vital for the proper formation of blood cells. They are also necessary for the production of the myelin sheath, as well as for a healthy cardiovascular system.

Vitamin B12 contributes:

- To normal neurological and psychological functions.
- To the normal metabolism of homocysteine.
- To the reduction of tiredness and fatigue.
- To the normal functioning of the immune system.
- To cell division.
- To normal energy metabolism.
- To the normal formation of red blood cells.

Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241222
<https://bio-farma.es/buy/f/lamberts/vitamin-b12-60-tablets>



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These small, easy-to-swallow tablets provide 1000 micrograms of vitamin B12. They are manufactured in the UK under strict GMP manufacturing standards.

Pale pink tablet with specks.

Each tablet provides:

Vitamin B12 (as Methylcobalamin)	1000 µg
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Disintegration time:

Less than 1 hour.

Suitable for vegetarians and vegans and free of lactose and gelatin.

Use of 1000 micrograms requires supervision by a health care professional.

Allergen note

The following list of allergens are excluded: wheat, gluten, barley, soya, eggs, milk and dairy products, lactose, nuts, sulphites, celery, fish, shellfish and yeast.

Precautions

This product is not recommended for pregnant or breastfeeding women.

Instructions for use:

- Take 1 tablet daily with a meal.
- Do not exceed the expressly recommended daily dose.
- One container lasts: 60 days.

