

Vitamin B12 1000 mcg 120 Chewable Tablets

EAN: 8436583690758 FABRICANTE: NATURBITE



Vitamin B12 is essential for vegans and vegetarians. It is an essential vitamin to prevent anemia or iron deficiency, prevents fatigue or tiredness, increases our body's defenses and regenerates muscles.

DESCRIPTION

What is Vitamin B12 and what is it for?

Vitamin B12 plays a very important role in the growth of the person, contributes to the normal development of the nervous system. This vitamin is water soluble. Its function is to protect nerve cells. It is vital for the formation of blood (red blood cells, white blood cells and platelets). It is essential, as it supplies oxygen from the lungs to the organs and tissues.

What are the consequences of a Vitamin B12 deficiency?

The lack of B12 results in pernicious anemia due to inhibition of methionine synthase, an enzyme that catalyzes the formation of methionine, an amino acid that is transformed in a cyclical process to S-adenosylmethionine, a compound that inhibits the formation of methyltetrahydrofolate.

What are the main benefits of Vitamin B12?

Prevents anemia. This is achieved thanks to its direct intervention in the formation of erythropoiesis (red blood cells), as well as the synthesis of the hemoglobin contained in the blood.

Avoid fatigue. It plays a key role in the transformation of carbohydrates into glucose, which in turn produces energy.

Improves the functioning of the immune system. The intake of B12 raises the body's defenses against bacterial microorganisms and virulent agents, all thanks to the fact that it actively increases the presence of folic acid in the body.

Regenerates muscles. It helps positively in the regeneration of the muscles, this due to its action in the transformation of fatty acids into energy, allowing a replacement of worn or dead tissue.

What is the recommended daily dose of Vitamin B12 Naturbite?

One tablet should be taken daily, preferably with food.



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Are there any contraindications when taking Vitamin B12?

It is not recommended to take it together with vitamin C, since the latter annuls its absorption.

Should I take into account any recommendations when taking Vitamin B12?

Excessive consumption may have a laxative effect. Do not exceed the recommended daily dose .

How much Vitamin B12 does one tablet provide?

One tablet provides 1000 µg

