

Vit B12 100mcg.(Cyanocobalamin)(100)Tablets

EAN: 033984031807

FABRICANTE: SOLGAR



Vitamin B12 is indicated for people who follow a vegan diet, to reduce tiredness and fatigue.

DESCRIPTION

Vitamin B12 in the form of cyanocobalamin, which supports energy production and the formation of red blood cells and helps supplement diets deficient in this vitamin, such as vegan diets. Presented in 100 microgram tablets, for those who have lower requirements or wish to follow a more personalized supplementation regimen.

Solgar® Vitamin B12 100 µg comes in the form of easy-to-take tablets and, compared to other more concentrated forms of vitamin B12, may be suitable for those who require a lower intake of this vitamin or wish to follow a more personalized dosage regimen.

Since vitamin B12 is only found in animal foods, people on a diet restricted in these types of foods, such as a vegan diet, should pay special attention to their levels of this vitamin.

Vitamin B12 contributes to the formation of red blood cells, contributes to energy metabolism, supports the proper functioning of the nervous system and normal psychological function.

Indications

- People who may need to support red blood cell production.
- People who want to take care of their nervous system.
- People who follow a vitamin B12-restricted diet, such as a vegan diet.

Benefits

- Vitamin B12 contributes to normal energy-yielding metabolism.
- Vitamin B12 contributes to the normal formation of red blood cells.
- Vitamin B12 helps reduce tiredness and fatigue.
- Vitamin B12 contributes to the normal functioning of the immune system.
- Vitamin B12 contributes to normal psychological function.
- Vitamin B12 contributes to the normal functioning of the nervous system.
- Gluten free.

Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241118
<https://bio-farma.es/buy/ff/solgar/vit-b12-100mcg-cyanocobalamin100tablets>



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- It does not contain starch, yeast, wheat, soy or dairy derivatives and is formulated without preservatives or colorings.
- Suitable for vegans.

Ingredients

Bulking agents: microcrystalline cellulose, dicalcium phosphate, mannitol; Anti-caking agents: vegetable stearic acid, silicon dioxide, vegetable magnesium stearate; Stabilizer: cross-linked sodium carboxymethylcellulose; Vitamin B12 (cyanocobalamin).

Instructions for use

For adults, take one (1) tablet daily, preferably with meals. Swallow the tablets with water or other beverage.

Precautions

- If you are pregnant, breastfeeding, undergoing medical treatment or suffer from any illness, consult your specialist before taking this product.
- If you think this product is causing an adverse reaction, stop taking it immediately and consult your doctor.

