

Forever B12 Plus with Folic Acid

Description and Purpose

Another excellent combination of essential nutrients, Forever B12 Plus combines folic acid with vitamin B12 in a time-release formula that provides a slow release of the dietary ingredients over a specific period of time. This technology helps provide a steady intake of the active ingredients to the body, resulting in enhanced and longer-lasting activity.

Vitamin B12 or cyanocobalamin (the only vitamin to contain cobalt) was first discovered in 1948 as the nutritional factor that prevented pernicious anaemia. B12 works with folic acid in many body processes including the synthesis of DNA (the genetic code material), red blood cells and the myelin sheath that insulates nerves and improves conduction of the signals. B12 also works with folic acid in reducing homocysteine levels in the body. For absorption from the stomach, B12 needs another substance called intrinsic factor; but even when this is absent, the oral administration of appropriate amounts will lead to a rise in blood levels of B12.

Folic acid is also critical to the ability of cells to divide and replicate themselves accurately. It is especially critical to the development of the nervous system in the foetus so this supplement is extremely beneficial to women wishing to conceive, and during the first three months of pregnancy.

At a glance...

- Supplements of vitamin B12 and folic acid should be taken together
- Extremely safe, even in large amounts
- Contains potent antioxidant which helps maintain healthy skin
- Beneficial to vegetarians and essential to vegans as B12 is normally obtained from animal sources



This supplement is extremely safe as both components are tolerated in large amounts. Now you can enjoy the benefits of vitamin B12 and folic acid together, in a formula exclusively designed to complement the rest of the supplement range.

Formula Ingredients

Vitamin B12 (cyanocobalamin)	500mcg
Folic acid	400mcg

Other Ingredients

Dextrose, dicalcium phosphate, hydroxypropyl methylcellulose, microcrystalline cellulose, stearic acid, silica, magnesium stearate.

Contents

60 tablets.

Suggested Use

Take 1 or 2 tablets daily, preferably after meals.

