



# B12 (Liposomal)

- Promotes Energy Metabolism<sup>†</sup>
- Supports Nervous System Health<sup>†</sup>
- Enhanced Absorption

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. Anemia, digestive disorders, impaired vision, fatigue, depresion, nervousness, and irritability. What do all these symptoms have in common? Surprisingly, they are all signs of a Vitamin B12 deficiency. B12 plays a role in many of our body's functions. As a water soluble vitamin, we can't produce it internally, so we must consistently replenish our body's supply through food. Vinco's **B12** is designed to support your B12 intake, and is delivered liposomally for better absorption.<sup>†</sup>

# Vitamin B12 (as Methylcobalamin, Hydroxycobalamin)

- Also known as cobalamin, B12 is naturally found in animal products and as an additive in some other foods
- Some groups of people are more susceptible to a B12 deficiency, such as those over 60 and anyone following a strict vegetarian or vegan diet<sup>†</sup>
- Helps with healthy red blood cell formation, as a deficiency can cause those cells to develop improperly, leading to megaloblastic anemia<sup>†</sup>
- Can help with brain and nervous system function, including everything from mood to memory<sup>†</sup>
- Assists with DNA synthesis<sup>†</sup>
- Reduces homocysteine levels in the blood, decreasing the chances of heart disease<sup>†</sup>

### Vitamin B6 (as Pyridoxine HCI, P5P)

- A water soluble vitamin that can be found naturally in many animal and plant foods, and as a supplement
- Helps to maintain normal levels of homocyteine<sup>†</sup>
- Promotes brain health, works in protein metabolism, aids in hemoglobin production, and creates red blood cells and neurotransmitters<sup>†</sup>

#### Folate (as 5-MTHF)

- The active form of Vitamin B9, a water soluble vitamin, it is naturally occuring and most commonly found in leafy vegetables
- Plays a role in DNA formation, brain development, and red blood cell production<sup>†</sup>
- Helps to lower levels of homocysteine<sup>†</sup>

#### TMG (Trimethyl Glycine)

- A compound produced by the body, and found in many foods
- Supports healthy homocysteine levels<sup>†</sup>
- Involved in methylation, which is essential for DNA production<sup>†</sup>
- May improve depression<sup>†</sup>

## **Liposomal Delivery**

- Traditionally, orally administered vitamins and drugs have low bioavailability, meaning that the product loses potency while it is being metabolized, before it is absorbed by the cells in the body<sup>†</sup>
- Liposomal delivery has been shown to increase efficacy, bioavailability, absorption, and delivery It works to protect the nutrient against GI issues<sup>†</sup>
- Mimicks the structure of a cell membrane to specifically target the tissues it needs to without affecting other areas<sup>†</sup>

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