

B-ENERGIZED™ B12 COMPLEX

**SUPPORT INCREASED ENERGY METABOLISM CIRCULATION
IMPROVED ABSORPTION HIGH BIOAVAILABILITY**

Our new B12 complex formula **B-Energized** is a perfect add-on to the Simeons/HCG diet, or as a great supplement for general wellness. B vitamins are well known for their use to help improve energy and are often integral to the healthy functioning of the metabolism and other bodily functions. Our **B-Energized**

- **Supports increased energy**
- **Helps metabolize fats, carbohydrates and proteins**
- **Supports improved circulation and reduce cholesterol**
- **Uses the highest bioavailable ingredients available including B12 from methylcobalamin and B6 form P-5-P**
- **Improved absorption through sublingual liquid**
- **Includes important supporting vitamins and minerals to further maximize effectiveness**



Not all B12 is Alike - B12 from Methylcobalamin

Cyanocobalamin is the most frequently used form of B12 supplementation in the US. But recent evidence suggests that methylcobalamin may be superior to cyanocobalamin.

There are certain advantages inherent in taking methyl B12 as a supplement versus standard B12. Methyl B12 doesn't have to engage the body's resources to convert it into coenzyme form, it's already there. Most of the B12 naturally circulating in the blood plasma is already in the methyl form. Even more important is the fact that methylcobalamin is ***the most highly reduced form*** of vitamin B12 possible; this makes methyl B12 a very potent antioxidant.

Japanese studies indicate that methylcobalamin is even more effective in treating the neurological sequelae of B12 deficiency, and that it may be better absorbed because it bypasses several potential problems in the B12 absorption cycle. Additionally, methylcobalamin provides the body with methyl groups that play a role in various biological processes important to overall health. Japan uses methylcobalamin nearly exclusively and it is the form present in prescription vitamin B-12. Some experts have speculated that the acceptance of higher levels of B-12 in Japan explain the low rates of Alzheimer's and dementia in that country.

One more important note on B12 - it's the only vitamin we can't obtain from plants or sunlight. Plants don't need B12. This explains why studies consistently demonstrate that up to 50% of long-term vegetarians and 80% of vegans are deficient in B12.

Sublingual vs. Pills

Whenever we swallow a conventional vitamin pill, any cyano B12 present gets carried along and absorbed by B12-binding proteins. Operating in the stomach and small intestine, this transport system provides a very efficient mechanism for absorbing a few micrograms of B12, yet is quickly overwhelmed by anything larger. As a result, only about 1% of a large oral dose of any form of B12 usually makes it into the bloodstream.

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Fortunately, we can bypass intestinal absorption entirely by taking B12 sublingually. **Sublingual administration is a simple and effective way of substantially raising blood levels by absorbing B12 through the oral mucosa.**

B Vitamins Overall

B-Energized supports increased energy and raise the metabolism. All B vitamins assist in conversion of carbohydrates to energy. B vitamins also support the metabolism of fats and proteins.

- Our **Methyl B12** is derived from methylcobalamin and has a much higher bioavailability than the form most widely available in supplements, cyanocobalamin.
- Our **B-6** is derived from **Pyridoxal 5 Phosphate (P-5-P)** and is *5 times more absorbable* than other B-6's. B-6 is required for proper absorption of vitamin B-12.
- **B2 Riboflavin** plays an important role in the metabolism of fats, carbohydrates and proteins.
- **B3 Niacin** is known to help produce hormones that are beneficial to the body. Niacin helps to improve circulation and reduce cholesterol and is important to the health of the nervous system, digestive system, skin, eyes and hair.
- **B5 Pantothenic Acid** is necessary to the synthesis of Coenzyme-A (CoA), and also helps metabolize fats, carbohydrates and proteins. CoA is an important component of the metabolism as it acts to transport fatty acids to cells that can use them for energy.
- **B9 Folic Acid** is an essential B vitamin, especially during pregnancy and childhood as it helps in cell division. Folic Acid works in conjunction with B12 and Vitamin C to help metabolize protein.
- **Vitamin E** is added to maximize the effectiveness of B-12. Conversion of B-12 into its biological active form requires vitamin E.
- **Zinc** supports the production of hydrochloric acid and intrinsic factor in the stomach, both of which are needed to convert some of the B-12 from food sources.
- **Magnesium** supports the balance and synthesis of B-6 while providing its own benefits being involved in energy metabolism and protein synthesis.

Dosage

Adults and children 18 years and older: take 1ml or half a dropper full. Place drops under the tongue and allow up to 1 minute to absorb. Do not eat or drink for 10 to 15 minutes before and after taking drops. Under 18 years: Consult with your healthcare professional.

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.