

VITAMINA B12 METILADA METHYLCOBALAMIN 1 MG MÉDERI



Description: Food supplement based on vitamin B12.

Directions for use / recommended dose: Take 1 capsule per day with half a glass of water (125 mL), preferably between meals, or as recommended by a professional.

Presentation: Bottle of 90 vegetable capsules of 600 mg.

Composition: Corn starch, capsule (coating agent: hydroxypropyl methylcellulose, purified water and gelling agent: gellan gum), bulking agent (calcium phosphate), vitamin B12 (methylcobalamin) and anti-caking agent (magnesium salts of fatty acids).

Storage conditions: Keep the container in a dry, cool place away from light.

Ingredients	1 capsule	% NRV*
Vitamin B12	1,020 µg	40,800 %

*NRV: Nutrient Reference Value for vitamins and minerals.

Warnings: Do not exceed the expressly recommended daily dose. Food supplements should not be used as a substitute for a balanced diet. Keep out of reach of young children.

Properties and potential applications:

Vitamin B12 contributes to normal energy metabolism and normal functioning of the nervous system, normal psychological function, normal homocysteine metabolism, normal red blood cell formation, normal functioning of the immune system, the process of cell division and reducing tiredness and fatigue.

It is important to maintain a varied and balanced diet and a healthy lifestyle.

