

Liquid B₁₂ Complete

"B" Energized!

The B vitamins have many health benefits. They help promote energy, maintain the nervous system, improve immune functions and buffer the effects of stress. Notably, the B vitamins influence the health of most of the internal organs of the body and may reverse the pathogenic courses of many diseases.

Reports show that 20 percent of the American population takes less than 50 percent of the RDA for vitamins and generally have low blood levels of B12, B6 and niacin.¹

Vitamins can be obtained from the diet, but some of the vitamins, especially B and C vitamins, are easily lost or destroyed during cooking and processing. Liquid B vitamins may be essential for vegetarians since dietary sources of vitamin B12 are mostly foods of animal origin. Supplementing with Liquid B12 Complete helps replenish the body's supply of these vitamins.



BENEFITS

- Promotes energy.
- Helps maintain nervous system function.
- Improves immune system function.
- Buffers the effects of stress.

HOW IT WORKS

Sublingual administration allows the B vitamins to be absorbed quickly. Liquids are the ideal mode of administration for water-soluble vitamins.

NSP ADVANTAGE

NSP has tested many liquid B vitamin products that are available on the market. Our research indicates that these products do not always meet the levels of vitamins claimed on their labels. NSP Liquid B12 Complete has been carefully developed, researched and guaranteed to maintain full potency.

SCIENTIFIC SUPPORT

Deficiency of the B vitamins may result in anemia, a condition characterized by weakness because of the reduced ability of the blood to

efficiently transport oxygen around the body. Vitamin B12 affects neurologic health and mood, appetite and brain growth.²

The B vitamins also have beneficial effects on the immune system. Vitamins B2 and B6 aid in the maintenance of glutathione, which is an important antioxidant for certain immune system functions. Because the immune system plays a key role in the body's ability to maintain overall health, it is a good idea to supplement with these key vitamins.

INGREDIENTS

Per serving (1 ml = 30 drops)

	Amount	% Daily Value
B12 (as Cyanocobalamin)	1000 mcg	16,666
Niacin (as Niacinamide)	10 mg	50
B6 (as Pyridoxine HCl)	1.0 mg	50
Vitamin B2 (as Riboflavin)	0.85 mg	50
Vitamin B1 (as Thiamine)	0.75 mg	50

RECOMMENDED USE

Take 30 drops (1 ml) once daily. Hold under the tongue for 30 seconds before swallowing. Take an additional 1 ml as needed for energy.

COMPLEMENTARY PRODUCTS

- **Nutritional:** Cellular Energy, Adrenal Support, Super Supplemental.
- **Homeopathic:** Depressaqueel®, Fatigue/Exhaustion, Distress Remedy, Nervousness, Tobacco Detox.
- **Essential Oils:** Lavender Fine AOC, Bergamot BIO, Frankincense.

REFERENCES

1. Ames BN. Micronutrient deficiencies. A major cause of DNA damage. *Ann N Y Acad Sci* 1999;889:87-106
2. Graham SM; Arvela OM; Wise GA. Long-term neurologic consequences of nutritional vitamin B12 deficiency in infants. *J Pediatr*, 121(5 Pt 1):710-4 1992 Nov.

Liquid B12 Complete (2 fl. oz.)

Stock No. 1588-7



Contact your local NSP Herb Specialist: