

# Methylcobalamin (B-12) Spray



## DESCRIPTION

Methylcobalamin B-12 Spray provides 1000 mcg of highly bioavailable vitamin B-12 in an easy to use spray.

## FUNCTIONS

Methylcobalamin, Vitamin B-12, is a member of the B-complex family of water-soluble vitamins. Of the various forms of Vitamin B-12 available, methylcobalamin is more bioactive than cyanocobalamin, which has to be converted by the liver to the active coenzyme form of methylcobalamin before it can function in the body. Methylcobalamin has numerous functions in the body including stimulating red blood cell production and aiding in the production of normal, healthy myelin which protects the nervous system and supports its function. Methylcobalamin also aids in the conversion of homocysteine to methionine and in supporting healthy homocysteine blood levels. Methylcobalamin is also noted for its ability to donate a methyl group to form SAME which helps to support healthy brain function and liver detoxification.

Vitamin B-6, another ingredient of Methylcobalamin B-12 Spray, is a water soluble vitamin that performs a wide variety of function in the body. Vitamin B-6 is needed for more than 100 enzymes involved in protein metabolism. It is essential for red blood cell metabolism and the nervous and immune systems need vitamin B-6 to function efficiently. B-6 is also required for the production of hemoglobin, a protein-based component of red blood cells which is primarily responsible for transferring oxygen from the lungs to the rest of the body. Pyridoxyl-5-Phosphate is the active form of Vitamin B-6 to provide optimal utilization.

Folic Acid is a B-vitamin that is important for cell division and is also needed for protein metabolism and repair of RNA and DNA. Folic Acid and Vitamin B-12 are needed for the formation of red blood cells to help increase capillary blood flow.

## INDICATIONS

As a dietary supplement, Methylcobalamin (B-12) Spray provides a high potency source of methylcobalamin for those individuals wishing to supplement their dietary Vitamin B-12 levels.

## FORMULA (WW #10304)

### 1 Spray (0.2ml) Contains:

Folic Acid.....	100 mcg
Vitamin B-6 .....	2 mg (as Pyridoxal 5-Phosphate)
Vitamin B-12.....	1000 mcg (as Methylcobalamin & Hydroxocobalamin)
Other ingredients: Glycerin, water, and potassium citrate.	

This product is vegetarian, gluten free, and soy free.

## SUGGESTED USE

As a dietary supplement, hold nozzle 1" from mouth, spray once and swallow. Use once daily or as directed by your healthcare professional. Shake well before each use.

## SIDE EFFECTS

Warning: If pregnant or nursing, consult your healthcare professional before taking this product.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

Manufactured For:

**Fireside Pharmacy**  
73847 Hwy III  
Palm Desert, CA 92260  
760.346.1113