

# Nutritional Support

## B12 2000 Lozenges

### Cherry Flavored B12

Homocysteine is an amino acid found in the blood. It is an intermediate that occurs when the body is low in certain factors that convert one much needed amino acid (methionine) to another (cysteine). Studies have shown that too much homocysteine in the blood (plasma) is related to a higher risk of coronary heart disease, stroke, peripheral vascular disease and potentially many other conditions of chronic inflammation. Other evidence suggests that homocysteine may have a serious effect on

atherosclerosis (hardening or narrowing of the arteries) by damaging the inner lining of arteries and promoting blood clots.

Homocysteine levels are strongly influenced by diet, as well as by genetic factors. The dietary components with the greatest effects are folate and vitamins B6 and B12. Folate, B6 and B12 vitamins help break down homocysteine in the body and complete its conversion to cysteine. Several studies have found that higher blood levels of B12 and folate correlate to lower concentrations of homocysteine. Other recent evidence shows that low blood levels of these essential vitamins are linked to a higher risk of fatal coronary heart disease, stroke, Alzheimer's disease and dementia.

B12-2000™ Lozenges are a naturally flavored B12 lozenge that also contain synergistic levels of both vitamin B6 and folate, all of which are key cofactors needed to reduce homocysteine levels. B12-2000™ Lozenges are an oral B12 supplement designed to dissolve in the patient's mouth. Do not chew them. Studies have demonstrated that, if allowed to dissolve in the mouth, oral forms of vitamin B12 are extremely effective. This allows the nutrients to by pass digestion and enter directly into the blood stream, similar to injections but without the needle symptoms.



Each bottle of B12-2000 Lozenges provides a full 60 days of Nutritional support to help maintain adequate vitamin B12, folic acid And B6 levels. Supplied as a great tasting lozenge, B12-2000 Lozenges