**Vitamin B12 1000mcg (365 Vegan Tables / 1 Year Supply) Premium Grade / 100% Pure Certified & Maximum Strength**

* BioPharm-X Vitamin B12 provides an unparalleled 1000mcg of premium Vitamin B12 per tablet – MAXIMUM dosage available from just one tablet
* A full years supply (365 Tablets - 1 Per Day)
* Manufactured within an FDA and MHRA approved facility for your highest level of safety
* Prevents fatigue by turning the food we eat into energy to power our metabolism
* All benefits have been approved by the European Food Safety Authority (EFSA)

**Premium Grade Vitamin B12 - 365 Tablets**

**What is Vitamin B12?**

This essential vitamin plays an important role in every biochemical and metabolic process that occurs in the human body. It’s at the core of the body’s ability to form healthy red blood cells, make DNA for new cells and prevent fatigue by turning the food we eat into energy to power our metabolism.

BioPharm-X offers a quality promise to all customers. This is to provide you with total peace of mind when purchasing any of their products. Backed by nutritional science and with a dedication to premium quality, their products reflect core values of award winning quality and efficiency, from scientific research to manufacturing. BioPharm-X manufacturing department is MHRA licensed, GMP certified and ISO accredited, operating within compliance of all relevant laws and regulations.

* Suitable for Vegans
* Suitable for Vegetarians
* Maximum Strength Formulation
* Premium Grade Ingredients



**Reduce Tiredness & Fatigue**

This multi-functioning vitamin is responsible for energy levels on a day to day basis! It doesn't provide the energy directly, but works at a cellular level and is essential for the formation of haemoglobin inside red blood cells; a transporter of oxygen from the lungs to all other cells in the body. Even if you’ve had a full night’s sleep - If haemoglobin production is limited you are guaranteed to feel fatigued, sluggish and weak.

This is not the only way vitamin B12 assists the body in regulating long lasting energy and addresses the causes of fatigue. Vitamin B12 enables the body to metabolize carbohydrates, proteins and fats and convert them into usable energy. Without sufficient levels of Vitamin B12 you are unable to harvest sufficient usable energy and some of these essential fats and proteins will go unused and pass through your system



**Neurological & Psychological Function**

Vitamin B12 is crucial for the development and normal functioning of the central nervous system and brain. As its presence is essential for the formation of myelin; a fatty white substance crucial to the health of nerve cells and neurotransmitters. Some of these neurotransmitters include dopamine, serotonin and nor-epinephrine all of which are essential for maintenance of cognitive functions including learning, memory, concentration and reasoning!

When it comes to neurological concerns, Vitamin B12 is especially important and has specific effects on brain cell functions. A deficiency in Vitamin B12 can cause long term damage to the myelin sheath, which will lead to numerous neurological & psychological problems.

BioPharm-X has the goal of enhancing the well-being of their customers around the world by delivering premium quality, best value nutritional supplements

Adults: As a supplement take 1 tablet in the morning. Do not exceed stated dose in a 24-hour period. Use only as directed.

**How Does Vitamin B12 Work?**

|  |  |  |
| --- | --- | --- |
| **blood** | **nerves** | **vit** |
| **Energy Metabolism** Vitamin B12 is responsible for the proper functioning of energy producing pathways and our energy levels on a day to day basis. Vitamin B12 works at a cellular level and is essential for the formation of haemoglobin inside red blood cells; a transporter of oxygen from the lungs to all other cells in the body. Even if you’ve had a full night’s sleep - If haemoglobin production is limited you are guaranteed to feel fatigued, sluggish and weak.  | **Myelin Formation** Vitamin B12 is especially important on brain cell function, with a deficiency in Vitamin B12 leading to numerous neurological and psychological problems. Vitamin B12 is crucial for the development and normal functioning of the central nervous system and brain. As its presence is essential for the formation of myelin; a fatty white substance crucial to the health of nerve cells and neurotransmitters.  | **DNA Synthesis** Vitamin B12 is important for DNA synthesis and ensures structural stability of important regions of the chromosomes. Vitamin B12 works as a methyl-donor and participates in monocarbonic acid metabolic pathways and plays a critical role in DNA methylation! Vitamin B12's presence is also required to successfully incorporate folic acid into developing red blood cells.  |