

Solgar Vitamin and Herb

Sublingual Liquid B-12 2000 mcg with B-Complex

Helps Maintain
Circulatory Health*

Promotes Nervous
System Health*

Supports Energy
Metabolism*



*These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.

B vitamins perform unique roles in maintaining proper metabolic functioning and are essential for well-being.* Because they work together, insufficient intake of one or more B vitamins can hamper the utilization of others, causing an imbalance to occur. They must be replaced regularly because they are water soluble. Additionally, absorption of these key nutrients can decline as a result of the aging process, so supplementation may be important.

Vitamin B-12 is a naturally-occurring B vitamin that promotes the health of the circulatory and nervous systems.* It supports energy metabolism by working with enzymes involved in the breakdown of nutrients, such as amino acids.* It is also vital for the normal formation of blood cells and is involved in DNA synthesis and renewal.*

Research indicates that folic acid and vitamins B-12 and B-6 help support heart health.*^{1,2} Additionally, studies suggest that B vitamins such as B-12 and folate may play a positive role in cognitive health.*^{3,4}

Solgar's great-tasting natural berry-flavored Sublingual Liquid B-12 2000 mcg with B-Complex formula is an excellent choice for those who have difficulty swallowing tablets or capsules. A liquid formula may also be preferable as it does not need to be broken down in the digestive tract as compared to a standard pill.

Solgar Sublingual Liquid B-12 2000 mcg with B-Complex Facts

- Offers 2000 mcg of vitamin B-12 (as cyanocobalamin) per serving
- Provides a synergistic B-complex blend supplying vitamins B-1 and B-6, riboflavin, niacin, folic acid, biotin, and pantothenic acid
- A convenient dosage (1 dropperful up to two times daily)
- Suitable for vegetarians
- Free of gluten, wheat, dairy, soy, yeast, sugar, sodium, artificial flavors, sweetener, and color

For specific label information, please log on to www.solgar.com.

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References:

1. Schnyder G et al. Decreased rate of coronary restenosis after lowering of plasma homocysteine levels. *N Engl J Med*. 2001;345(22):1593-600.
2. Schnyder G et al. Effect of homocysteine-lowering therapy with folic acid, vitamin B12, and vitamin B6 on clinical outcome after percutaneous coronary intervention: the Swiss Heart study: a randomized controlled trial. *JAMA*. 2002;288(8):973-9.
3. Tucker KL et al. High homocysteine and low B vitamins predict cognitive decline in aging men: the Veterans Affairs Normative Aging Study. *Am J Clin Nutr*. 2005;82(3):627-35.
4. Wang HX et al. Vitamin B(12) and folate in relation to the development of Alzheimer's disease. *Neurology*. 2001;56(9):1188-94.

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