



YOU NEED VITAMINS B9 AND B12:



for the circulatory system, if:

- you want to maintain the health of the hematopoietic system and improve blood composition,
- you have signs of anemia: increasing fatigue, headache, dizziness,
- you have high homocysteine levels (an amino acid in blood plasma, which is responsible for the normal functioning of the cardiovascular system).



for the nervous and cognitive systems, if:

- you get very tired, experience emotional instability,
- you want to increase your brain function and alertness,
- you want to establish a healthy sleep and adapt to the change in sleep and wakefulness patterns.



for women's health, if:

- you want to support the health of the female reproductive system,
- you have dietary restrictions,
- you are planning to get pregnant.

The combination of bioavailable forms of vitamins
B9 (methylfolate) and **B12 (methylcobalamin)** provides
maximum bioactivity:

B9

Methylfolate

is the active form
of vitamin B9 (folic acid):

- enters the body already in a bioactive form,
- quickly integrates into metabolism,
- as a result, it **effectively compensates for the deficiency** of vitamin B9.

B12

Methylcobalamin

is the active coenzyme
form of vitamin B12:

- active and ready to be absorbed by the body immediately,
- quickly integrates into the cell metabolism,
- is a cofactor in many biochemical reactions.

The main causes of vitamin B9 and B12 deficiency:



severe dietary restrictions:
vegetarianism, veganism,
strict diets,



lack of products of animal origin,
seafood, cereals and whole grain bread,
green vegetables in the diet,



malabsorption of vitamins
in the stomach and intestines
(autoimmune gastritis,
malabsorption syndrome),



violation of metabolic processes
responsible for the metabolism
of B9 and B12,



loss of vitamins during cooking —
up to 90%.

The most common manifestations of hypovitaminosis of B9 and B12:



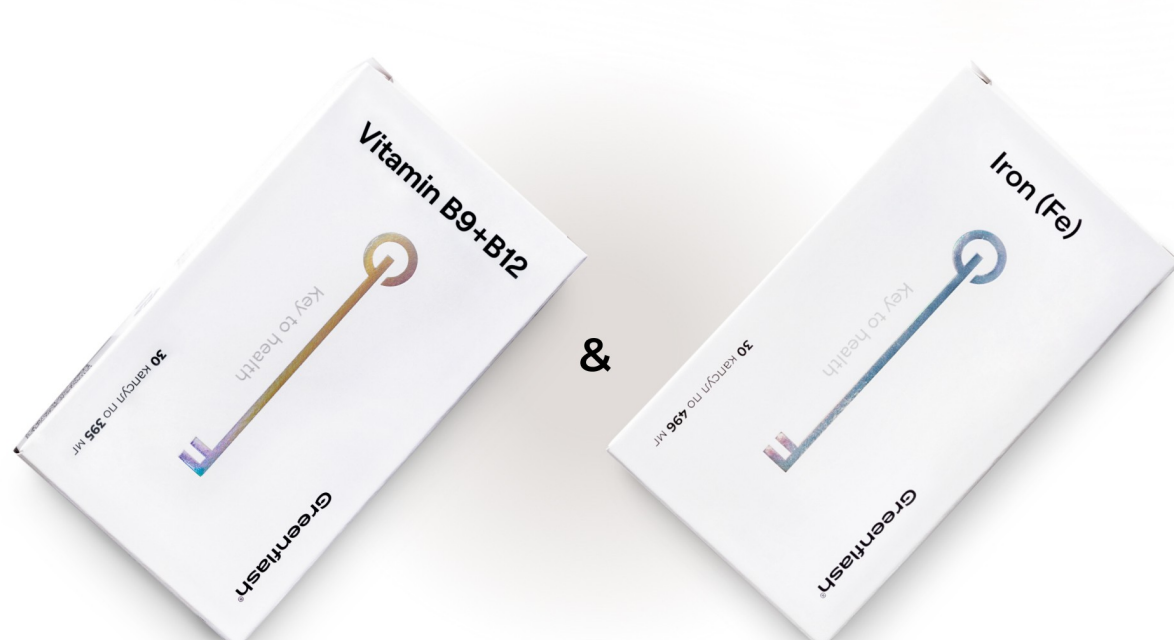
symptoms of anemia: increasing
fatigue, pallor, headache, dizziness,
palpitations,



emotional imbalance: irritability,
mood changes, depression,
apathy,



cognitive deficit: decreased
attention, slow perception of new
information, forgetfulness.



Combine with Iron Greenflash to prevent symptoms of anemia
and support reproductive health.



= 540 µg Vitamin B9
(270%* RDI**)
8.5 µg Vitamin B12
(850%* RDI**)

* Does not exceed the upper permissible consumption level

** % RDI according to the TR CU 022/2011 "Food products
in terms of its labeling," Annex 2

RECOMMENDATIONS FOR USE:

adults - 1 capsule per day with meals.
Duration — 30 days. The course can be
repeated if necessary.

CONTRAINDICATIONS:

individual intolerance to the
components of dietary supplements,
pregnancy, breast-feeding.

Please, consult with
your physician
before use.



DIETARY SUPPLEMENT.
IT IS NOT A MEDICINAL
PRODUCT.