



Ultra-Folic B₆ B₁₂

by John W Jones, MD, MPH

Ultra-Folic, B₆, B₁₂ - For, but not limited to Women

- may useful in the nausea and vomiting of pregnancy
- prevents masking of symptoms of B12 deficiency
- useful for PMS
- useful to lower homocysteine levels
- supply the vitamins that are important in transmethylation

What These B Vitamins Do:

Folate, Vitamins B₆ and B₁₂ play a key part in homocysteine metabolism. It has been shown that the mean homocysteine levels reach a stable low level only with folate intakes of approximately 400 IU or more. Folic acid supplements as high as 2 to 3 mg per day are generally innocuous. Supplementation with B₆ and with B₁₂ would be prudent because of their role in homocysteine metabolism and to prevent masking of pernicious anemia.

These vitamins play an essential role in transmethylation. If used in nausea and vomiting of pregnancy, they add additional folate, which has been proven to reduce the incidence of neural tube defect. The vitamin B₆ in this product is quite useful for PMS.

The addition of Stevia makes the use of this product more pleasant when taken sublingually or buccally.

New Research:

A recent study of angioplasty patients found that a six-month regimen of folic acid, B₆ and B₁₂ slowed re-narrowing of arteries by 48 percent compared with a placebo. Researchers at the University of California at San Diego also found that the need for repeat angioplasties of heart-bypass operations decreased by 38 percent among patients receiving the B-vitamin supplements. The findings were published in the New England Journal of Medicine and widely distributed by the Associated Press.

By John W Jones, MD, MPH
Nutritional Consultant for Nutrition Pure and Simple
www.jjconsulting.net

Supplement Facts: Serving Size: 1 Tablet, Servings per Container: 60

Each tablet contains 800 mcg Folate (Folic Acid), 50 mg Vitamin B₆ (Pyridoxine HCl), and 1000 mcg Vitamin B₁₂ (Cyanocobalamin). Other ingredients: Stevia Rebaudiana Leaf/Stem Extract, Microcrystalline Cellulose, Magnesium Stearate, Resin.

Suggested Use: Take 1 tablet per day or as directed by a health professional. It may be taken orally, sublingually or buccally.

All of the vitamins in this product are supplied by well respected USA and/or European vendors and all are analyzed for purity and quality.

How Ultra-Folic B₆ B₁₂ is Supplied:

VMUFB Bottles of 60 Tablets

Related Product: B-Complex



Phone: 888.953.5553
www.nutritionpureandsimple.com

*These statements have not been evaluated by the Food and Drug Administration
Products are not intended to diagnose, treat, cure, or prevent any disease*