

# Ultra B12-Folate

*Unique formula combining active forms of vitamin B12 with natural folates*

Ultra B12-Folate is a unique formula that combines vitamin B12 (cobalamin) with our proprietary blend of safe, naturally-occurring folates. These folates are found in foods such as eggs and spinach and are immediately 'active' and bioavailable to the human body. While many manufacturers offer B12 and folate separately, this formula combines these synergistic vitamins in one capsule, for superior results. This product provides equal amounts of the active, coenzyme forms of B12, adenosylcobalamin and methylcobalamin, in order to ensure immediate integration into the chemical processes of the body.

Vitamin B12 works with folate in many body processes including the synthesis of DNA, red blood cells, the maintenance of the protective myelin sheath that surrounds nerve cells, and for all normal cell growth and replication. Additionally, these nutrients synergistically reduce the body's concentrations of homocysteine, a potentially dangerous compound that can harm the cardiovascular system and may be detrimental to overall health and wellness.

## Health Benefits of Ultra B12-Folate

- Supports healthy energy levels by aiding the body's conversion of foods into usable energy (ATP)
- Supports a healthy cardiovascular system – helps maintain proper homocysteine levels by assisting in the biochemical cycle that converts homocysteine into the amino acid methionine
- Helps the body maintain optimal nerve cell function and neurological health, due to B12's role in the normal maintenance and repair of myelin, which encases and protects nerve cells
- Encourages optimal mental health, cognitive function, a positive mental outlook, and feelings of well-being
- Promotes the production and maintenance of healthy blood cells and joints
- Supports a strong immune system
- Supports healthy neurological development in babies and during pregnancy

## Highlights of Ultra B12-Folate

- Provides active coenzyme forms of B12
- Contains safe, naturally-occurring folates in their active 5-MTHF form (helpful for individuals with genetic makeups that impair activation of folate)
- Ideal for vegans and vegetarians who do not consume animal foods, the only source of vitamin B12
- Adequate for elderly individuals who have a decreased ability to absorb dietary vitamin B12 and are frequently at risk for deficiency

**Recommended Use:** As a dietary supplement, take one capsule per day with a meal, or as directed by your health care practitioner.

### Ultra B12-Folate may support:

- Optimal energy levels
- Brain and nerve function
- Healthy homocysteine levels
- Positive mental outlook
- Cardiovascular system
- Immune health and function



\*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.

**TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (800) 847-8302, OR VISIT US ON THE WEB AT [WWW.DESIGNSFORHEALTH.COM](http://WWW.DESIGNSFORHEALTH.COM).**