



# Health Matters

by  
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Natural Foods Market

The holidays can be exhausting, so, many of us are looking for more energy. Our energy results from metabolic processes in the mitochondria of our cells which depend on Vitamin B12 as a catalyst. Essential for cellular repair, nerve function and red blood cell formation, B12 is often deficient due to poor absorption, especially in those of us over 40.

Linked to fatigue, muscle weakness and brain fog, a B-12 deficiency often can be overcome with the use of **Methylcobalamin**, a form of B12 in an easily dissolvable tiny "microlingual" tablet. Because it dissolves in the mouth, bypasses the intestine and goes directly into the blood stream, it's more easily and readily assimilated.

Studies confirm that since the **Methylcobalamin** form of Vitamin B12 crosses the blood-brain barrier, it can better protect brain cell neurotransmitters, restore proper nerve function, increase energy production and reduce muscle degeneration.

As always we guarantee your satisfaction.

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