

Folic Acid & Vitamin B12 Supplement

Product Information :

Pharmaceutical form :

Category : **Dietary Supplements**

Pack : -

Brand name : -

Content : -

Therapeutic Use : -



Product Description :

Benefit of Folic Acid & Vitamin B12 Supplement

People who don't get enough folic acid & vitamin B12 can benefit from taking these supplements. These supplements can increase the production of Red blood cell. Folic acid can enhance the body's ability to create and maintain new cells. Vitamin B12 aids the metabolism by facilitating a much more effective conversion of lipids, carbohydrates, and proteins into energy. It helps with energy, maintains a healthy nervous system, and even increases metabolic activity in the body. The creation of DNA and RNA and maintaining healthy nerve cells are two of the vitamin B12's key functions. Vitamin B12 and B9, often known as folate or folic acid. Collaborate closely to support the body's absorption of iron and the production of red blood cells. They also produced S-adenosylmethionine (SAME), a substance implicated in immune system and mood. To help maintain a healthy circulatory system, these supplements are essential for converting homocysteine to methionine.

How to Use It

People who don't consume any animal products needed to take this supplement with water, ideally just after a meal. The body's capacity for utilizing vitamin B12 from diets decreases

with aging, therefore older people may require higher doses of the vitamin than younger people. If you're thinking about taking a B12 supplement, ask your doctor to recommend the correct dosage for you.

Contact Best Supplement Supplier

Known as the top Folic Acid & Vitamin B12 supplement supplier, our offered supplement is considered safe for the majority of people if administered as instructed. People who are allergic to any of the supplement's ingredients should not use it. People should also be aware that this supplement may interact with specific antibiotics, antacids, and other drugs, so they should let their doctor know about all the drugs and supplements they are taking.



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