

## Vitamin B12 Boost



### Content

100 Piece / Mini Tablets  
PZN 5405753  
RRP 25,90 €



### Recommended intake

1 mini-tablet / day



### without

artificial flavorings, artificial conservation, artificial colorants, genetic engineering



### free of

peanut oil, fructose, gelatine, gluten, yeast, granulated sugar, lactose, soya protein/lecithin, sorbitol

### Less tired - more awake.

Burgerstein Vitamin B12 Boost contributes to a normal function of the nervous system as well as to the reduction of fatigue. It is highly dosed and useful for high mental and physical stress as well as a vegan lifestyle, as vitamin B12 is mainly found in animal foods.

Vitamin B12 is classified as a "critical nutrient" for vegans and is found almost exclusively in animal foods. "Vegans need to supplement the vitamin permanently!" Users do not have to fear an overdose, because excess vitamin B12 is excreted by the body.

Methylcobalamin is one of the two bioactive coenzyme forms of vitamin B12 that our body really needs. Only methylcobalamin and adenosylcobalamin can have a direct health effect - all other forms of vitamin B12 must first be converted by the body into methyl cobalamin or adenosylcobalamin in order to become active as coenzymes in the body. It works closely with folic acid to protect blood, nerves and DNA.

The product is suitable for vegans and vegetarians.

## Vitamin B12 Boost supports...

- ... the function of the nervous system
  - ... vegetarians and vegans, as B12 is mainly found in animal foods
  - ... 50+ or older people who have an increased need
  - ... all cell division and growth processes
- B12, along with folic acid and iron, is primarily responsible for the formation of red blood cells

For the brain and nervous system to perform at their best, they need to be supplied with all the important micronutrients. With B vitamins, "nerve food" is ingested for the ability to think and learn, concentration and memory. The ideal nerve food contains few calories and avoids energy lows. Vitamin B12 is part of the vitamin B group, which contains a total of eight vitamins. Vitamin B12, also called cobalamin, has various functions in our metabolism. It helps to keep homocysteine levels low and thus protects the blood vessels and the heart. It is involved in cell division and blood formation and is elementary for normal nerve function.

## Causes of a B12 disorder

There are many ways in which a disturbance of the vitamin B12 balance can occur. These include, for example:

- Diseases and surgeries of the gastrointestinal tract.
- Excessive alcohol consumption, as well as liver disease
- Use of certain medications (contraceptives and hormone preparations, diabetes medications)
- Additional requirements during pregnancy and breastfeeding
- Vegetarian and vegan diets

## Information on vitamin B12

If vitamin B12 is missing, many methylation processes do not function properly. A very early marker for a vitamin B12 deficiency is therefore the insufficient degradation of methylmalonic acid. In vitamin B12 deficiencies, this can be measured in increased concentrations in the urine.

Vitamin B12 is heat-sensitive, so that considerable amounts can be lost when food is prepared (e.g. milk loses 30 % of its vitamin B12 content when boiled for two minutes).



Nutritional values	Per daily portion (1 mini-tablet)	NRV*
Vitamin B12 (cobalamin)	500,00 µg	20000%

\*NRV = reference amount for daily intake according to the EU Food Information Regulation (LMIV)