



## Vitamin-B12-Spray

Food supplement containing sweeteners  
Highly dosed with 500µg vitamin B12 per spray

**Useful information:** Vitamin B12 (cobalamin) is a vital vitamin that plays a role in many basic functions of our body. Among other things, we need it for normal energy metabolism, to reduce tiredness and fatigue and for healthy functioning of the brain, psyche and nervous system. In addition, vitamin B12 supports cell division and the maintenance of our immune system. Vegetarians and vegans in particular should make sure they have a sufficient supply of the vitamin, as it occurs naturally mainly in animal products. With our spray, vitamin B12 can be absorbed directly and biologically readily available via the oral mucosa into the bloodstream - highly dosed, vegan, simple and convenient, without water, with a pleasant raspberry flavour.

**Ingredients:** Water, Glycerine (thickening agent), Flavouring, Xylitol (sweetener), Vitamin B12, Potassium Sorbate (preservative), Citric Acid (acidifier).

	per spray (=daily dose)	% of NRV recommended daily dose*	per 100 g
Vitamin B12	500 µg	20000	0.4 g

\*NRV = Nutrient Reference Value for daily consumption according to Regulation (EU) No. 1169/2011

**Recommended use:** Spray once into the oral cavity once a day. Shake before use. Product stains intensively, use with care.

Not suitable for pregnant and breastfeeding women, and children and adolescents under 18 years of age.

Keep dry and out of direct sunlight. Store below 25°C.

Nutritional supplements should not be used as a replacement for a balanced, varied diet, and do not replace a healthy lifestyle. Keep out of reach of young children. Do not exceed the recommended daily dose.

Made in Germany

**Contents 30 ml (=240 sprays)**

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