

Hydroxy B12 Drops

Formulated Supplementary Sports Food



Nutrition Information

Servings per pkg: 357 Serving Size: 1 Drop (0.084 mL) contains:

Avg Qty	per serve	%RDI per serve	per 100 mL
Energy	1 kJ	%RDI is based on the Food Standards Australia New Zealand Act 1991 Recommended Daily Intake's for Adults.	936 kJ
Protein	less than 1 g		less than 1 g
Fat - total	less than 1 g		less than 1g
-saturated	less than 1 g		less than 1 g
Carbohydrate	48 mg		56.7 g
-sugars	less than 1 g		less than 1 g
Sodium	less than 5 mg		less than 1 g
Vitamin B12	100 mcg	4000%	120 mg
Ingredients	purified water, vegetable glycerine, B12 (hydroxocobalamin)		

Directions For Use

5-10 drops per day

Pack Size: 30 ml liquid

Key Features

- ✓ Easy drop dosing to allow titration of dose.
- ✓ Pleasant tasting drops which means they can be dropped straight into the mouth, added to food or drinks.
- ✓ Hydroxocobalamin is the precursor for the active Vitamin B12 - methylcobalamin and adenosylcobalamin.
- ✓ Vitamin B12 is an important cofactor in the maintenance of normal DNA synthesis, as becomes evident under conditions of B12 deficiency, which lead to defective DNA synthesis and megaloblastic anemia.

Warnings

Not a sole source of nutrition and should be consumed with a nutritious diet.