

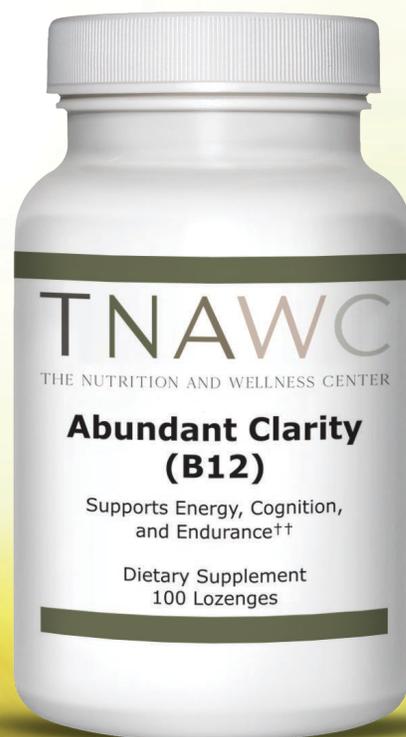
TNAWC

THE NUTRITION AND WELLNESS CENTER

Abundant Clarity (B12)

LOZENGES

LASTS LONGER!
DIRECT UPTAKE FOR FULL
ABSORPTION



AN ORAL "INJECTION" FOR ENERGY AND DETOXIFICATION

Abundant Clarity (B12) is in lozenge form for maximum uptake and optimal delivery to the brain. **Studies show that oral vitamin B12 uptake can be as effective as B12 injections.** Patients notice that they feel better more quickly.*

Vitamin B-12 in our food supply is estimated to be 78% less than in the 1960s. Diet alone is hard pressed to provide the necessary levels of this important nutrient. In addition, stress and reduced hydrochloric acid (HCl) and intrinsic factor production in the stomach impair absorption. The most commonly used forms of B-12 require activation in the body, making uptake quite low – rarely more than 50%.*

Abundant Clarity (B12) delivers vitamin B-12 in its superior, activated **hydroxocobalamin** form. Although it is more expensive and difficult to obtain, hydroxocobalamin lasts longer and raises B-12 blood concentrations higher than other forms. **For this reason, it is the only form the we use.** Hydroxocobalamin requires no intrinsic factor and is **taken up directly by mucous membranes** regardless of digestive competence.* Hydroxocobalamin is easily converted to active but short-lived methylcobalamin and adenosyl-cobalamin as needed in the body. **Hydroxocobalamin, the parent to other B-12 forms, provides better, long-lived B-12 action in the body.**

ABUNDANT CLARITY (B12) FOR SAME!

Optimal absorption of vitamin B-12 is essential to keep SAME (S-adenosyl methionine) in its beneficial form. SAME is critical for the manufacture of brain chemicals and for detoxification.*

MORE ABOUT HOMOCYSTEINE: BEAT FATIGUE WITH B-12

The importance of maintaining normal homocysteine levels cannot be overemphasized. Your heart health depends on it. Clearly, the scientific evidence indicates that nutrient deficiency is a factor in elevated homocysteine levels. However, in a recent study, researchers discovered that in many patients, even when serum levels of vitamins appear to be normal, homocysteine concentrations were still too high.*

Elevated homocysteine levels are implicated in much more than heart disease. In a study of women with both chronic fatigue and fibromyalgia, researchers discovered that all of the patients had high levels of homocysteine in their cerebrospinal fluid. They also noted a significant correlation between high homocysteine levels and fatigue. The study emphasized the importance of the relationship between B-12 and homocysteine, and showed that B-12 deficiency was a contributing factor. By decreasing levels of homocysteine in the central nervous system, B-12 can help prevent and treat fatigue.*

REFERENCES

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3. Abalan F, Subra G, Picard M, Boueilh P. Incidence of vitamin B-12 and folic acid in patients admitted to a geriatric psychiatry unit. [Article in French] *Encephale* 1984; 10: 9-12.
4. Nilsson K, Gustafson L, Hultberg B: Plasma homocysteine is a sensitive marker for tissue deficiency of both cobalamines and folates in a psychogeriatric population. *Dement Geriatr Cogn Disord* 1999 November- December; 10(6): 467-482.
5. Regland B, Andersson M, Abrahamson L, Bagby J, Dyrehag LE, Gottfries CG: Increased concentrations of homocysteine in the cerebrospinal fluid in patients with fibromyalgia and chronic fatigue syndrome. *Scand J Rheumatol* 1997; 26(4): 301-307.
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Full Disclosure Label (no hidden or inactive ingredients)

Directions: As a dietary supplement, dissolve in mouth and then swallow (1) lozenge daily or as directed by your health professional.

SUPPLEMENT FACTS

Serving Size: 1 Lozenge

Servings per container: 100

| Energized Nutrients | Amount per serving | % Daily Value |
|--|--------------------|---------------|
| B-12 (as hydroxocobalamin)..... | 2,000 mcg. | 83,333 |
| Mannitol | 295 mg. | * |
| Organic, whole cane juice | 1 mg. | * |
| 100% Whole cherry fruit extract | 3.5 mg. | * |
| Raspberry flavor..... | 8.5 mg. | * |
| Vegetable fiber (Croscarmellose) | 25 mg. | * |
| C16 and C18 alkyls† | 3.5 mg. | * |

†From whole, untreated palm fruit and leaf

* Daily value not established

Other Ingredients: None

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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.