Essential B-12 (drops) provides a key nutrient for red blood cells, nerve function, and the production of DNA.

**PRIMARY USES**
- Help prevent anemia
- Reduce risk of macular degeneration
- Slow degredation of cognitive function and memory loss
- Promote healthy DNA methylation

**QUICK FACTS**
Vitamin B12 plays a vital role in helping your body produce red blood cells. Low vitamin B12 causes a reduction in red blood cell formation and prevents them from developing properly.

Vitamin B12 deficiency has been associated with memory loss, especially in older adults. One study found that even vitamin B12 levels on the low side of normal can contribute to poor memory performance.

**WHY THIS SUPPLEMENT?**
Your doctor has placed you in good hands. Optimal Health Systems cares about patients, too, which is why we create supplements that contain nutrients ONLY from whole foods. Because of this, you won’t have the same concerns as with synthetics. They are lab-tested and have a wealth of evidence to back our claims, along with patents.

**WHAT SETS US APART?**
There are plenty of whole food supplements out there, but only Optimal Health Systems takes it a step further with its pre-digestion process we call Opti-Blend™. It utilizes a combination of 10 kosher-certified, non-GMO enzymes, and patented organic minerals to pre-digest every nutrient before encapsulating. Opti-Blend™ ensures delivery at the cellular level and up to a 300% increase in absorption.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 1ml</th>
<th>Serving Per Container: 60</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
<td>% Daily Value</td>
</tr>
<tr>
<td>Riboflavin (B-2)</td>
<td>1.7 mg</td>
</tr>
<tr>
<td>Niacin</td>
<td>20 mg</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>3 mg</td>
</tr>
<tr>
<td>Vitamin B12 Hydroxocobalamin</td>
<td>1200 mcg</td>
</tr>
<tr>
<td>Pantothenic Acid</td>
<td>20 mg</td>
</tr>
</tbody>
</table>

Other Ingredients: Purified Water, Sorbitol, Glycerin, Citric Acid, Potassium Sorbate, Natural Raspberry Flavor (no msg).

Directions: Shake well before use. Adults, place one full dropper (1mL) under tongue and hold for 20 seconds before swallowing.

2 Fluid Ounces (60mL)

This product is available at:

OptimalHealthSystems.com – 800-890-4547

*Statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.*