

# Manganese B<sub>12</sub><sup>TM</sup>

5490

Please Copy for Your Patients

## Manganese B<sub>12</sub> Contains Manganese Lactate, Vitamin B<sub>12</sub> (Cyanocobalamin), Carrot Powder, and Bovine Bone

Vitamin B<sub>12</sub> (cyanocobalamin) is an essential nutrient involved in metabolizing proteins, fats, and carbohydrates. Vitamin B<sub>12</sub> is necessary for normal metabolism of nerve tissue and is intimately related to the actions of four important amino acids, pantothenic acid, and vitamin C. It works along with folic acid to ensure that the red blood cells reach full maturity, thereby promoting healthy blood. Vitamin B<sub>12</sub> also helps in the utilization of iron. Manganese plays an important role in protein and fat metabolism. Together, these nutrients protect, maintain, and support the blood. Manganese complements the B-complex vitamins to help achieve an overall feeling of well-being. Carrots and their derivatives hold a virtual storehouse of important vitamins and minerals that, among many other things, benefit a number of major organs and enhance digestive function by stimulating waste elimination.†

## How Manganese B<sub>12</sub> Keeps You Healthy

### Supports immune and nervous system function

Among other factors, the immune system relies on each type of blood cell to exist in the appropriate number and level of maturity to perform its respective task efficiently. When that delicate balance is interrupted, the immune system becomes vulnerable in respect to the troubled area. Vitamin B<sub>12</sub> is essential to normal red blood cell growth and necessary in supporting healthy blood. Manganese contributes to a healthy immune system. Both manganese and vitamin B<sub>12</sub> are necessary to keep the nervous system operating efficiently. Manganese keeps nerve tissue healthy, while vitamin B<sub>12</sub> maintains the fatty sheaths covering and protecting nerve endings. Vitamin B<sub>12</sub> assists in the production of a neurotransmitter that enhances memory and learning.†

### Improves digestion

Vitamin B<sub>12</sub> assists in food absorption to promote good digestion and optimal nutritional return.†

### Promotes healthy joint function

Manganese is necessary for normal bone growth and synthesis. It helps form cartilage and lubricating fluid within joints to keep them moving freely. Manganese is also involved in the health and maintenance of ligaments, intervertebral discs, and tendons.†

### Benefits metabolic efficiency

Manganese plays an important role in regulating blood-sugar levels and metabolizing proteins and fats. Vitamin B<sub>12</sub> is needed to synthesize proteins and metabolize carbohydrates and fats.†



**Introduced in:**

1956

**Content:**

90 Tablets

### Supplement Facts:

Serving Size: 1 tablet  
Servings per Container: 90

		%DV
Calories	1	
Vitamin C	9.2 mg	15%
Vitamin B <sub>12</sub>	5 mcg	80%
Iron	1 mg	6%
Zinc	1.9 mg	15%
Copper	0.2 mg	10%
Manganese	34 mg	1,700%

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

# Manganese B<sub>12</sub><sup>TM</sup>

## What Makes Manganese B<sub>12</sub> Unique

### Unique Product Attributes

#### Multiple nutrients from a variety of plant and animal sources

- Combination of manganese with other minerals, such as iron, zinc, and copper, makes Manganese B<sub>12</sub> a more effective product
- Bovine bone tissues provide nutrients and support to the corresponding tissues in humans
- Vitamins, minerals, and nutrients from plants and bovine bone work synergistically for maximum effect†

### Certified Organic Farming

**A healthy ecosystem is created by using organic farming techniques, such as rotating crops, fertilizing the soil with nutrient-rich cover crops and by-products from our processing, practicing strict weed control standards, and continually monitoring the health of our plants**

- Assures the soil is laden with minerals and nutrients
- Ensures plants are nutritionally complete and free from synthetic pesticides

### Unique Processing

**Upon harvesting, nutrient-rich plants are immediately washed and promptly processed**

- Preserves nutritional integrity

**Exclusive low-temperature, high-vacuum drying technique**

- Preserves the enzymatic vitality and nutritional potential of ingredients

**Not disassociated into isolated components**

- The nutrients in Manganese B<sub>12</sub> are processed to remain intact, complete nutritional compounds

**Degreed microbiologists and chemists in our on-site laboratories constantly conduct bacterial and analytical tests on raw materials, product batches, and finished products**

- Ensures consistent quality and safety

**Vitamin and mineral analyses validate product content and specifications**

- Assures high-quality essential nutrients are delivered

### Whole Food Philosophy

*Dr. Lee challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature—in a whole food state where he believed their natural potency and efficacy would be realized. Dr. Lee believed that when nutrients remain intact and are not split from their natural associated synergists—known and unknown—bioactivity is markedly enhanced over synthetic nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to a synthetic or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.*

**Proprietary Blend:** Carrot (root) and bovine bone.

**Other Ingredients:** Manganese lactate, honey, zinc liver chelate, ascorbic acid, iron liver chelate, calcium stearate, copper liver chelate, cellulose, and cyanocobalamin.

**Suggested Use:** One tablet per day, or as directed.

**Sold to health care professionals.**

Studies on nutrients generally use large doses and these studies, some of which are cited below, are the basis for much of the information we provide you in this publication about whole food ingredients. See the supplement facts for Manganese B<sub>12</sub><sup>TM</sup>.

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