



# Adenosyl/Hydroxy B<sub>12</sub>

Introduced 2015 & 2016

## What Is It?

Adenosyl/Hydroxy B<sub>12</sub> offers a unique blend of vitamin B<sub>12</sub>, as adenosylcobalamin and hydroxycobalamin. Hydroxycobalamin is a precursor form of vitamin B<sub>12</sub> converted in the body to both methylcobalamin and adenosylcobalamin. It is similar to cyanocobalamin without the cyanide moiety. Adenosylcobalamin is an activated form similar to methylcobalamin.\*

## Uses For Adenosyl/Hydroxy B<sub>12</sub>

**Nerve and Mitochondrial Health:** While methylcobalamin is found in the cytosol of cells and predominates in blood and other fluids, adenosylcobalamin is the major form of vitamin B<sub>12</sub> stored in the mitochondria of cellular tissues. It is a key cofactor in carbohydrate metabolism for the enzyme methylmalonyl-CoA mutase used to produce succinyl-CoA. Optimal levels also support healthy synthesis of neuronal myelin.\*

## What Is The Source?

Adenosylcobalamin and hydroxycobalamin are derived from corn dextrose fermentation.

## Recommendations

Pure Encapsulations® recommends:

- Capsule product: 1 capsule, 1-3 times daily, with meals.
- Liquid product: 1 ml (1 full dropper), 1-3 times daily, with meals.

## Are There Any Potential Side Effects Or Precautions?

At this time, there are no known side effects or precautions. If pregnant or lactating, consult your physician before taking this product.

## Are There Any Potential Drug Interactions?

At this time, there are no known adverse reactions when taken in conjunction with medications. Consult your physician for more information.

## Adenosyl/Hydroxy B<sub>12</sub>

each vegetarian capsule contains  v 3

vitamin B<sub>12</sub> .....2,000 mcg  
 (as adenosylcobalamin and 50% hydroxycobalamin)  
 other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

1 capsule, 1-3 times daily, with meals.

## Adenosyl/Hydroxy B<sub>12</sub> liquid

each dropper (1 ml/0.03 fl oz) contains v

vitamin B<sub>12</sub> .....1,000 mcg  
 (formulated as adenosylcobalamin and 50% hydroxycobalamin)  
 other ingredients: purified water, natural glycerin, citric acid, potassium sorbate

serving size: 1 ml (0.03 fl oz) (one full dropper)  
 servings per container: 30  
 1 ml (1 full dropper), 1-3 times daily, with meals.