

B12 Pro

Advanced Support for Energy,
Cognition, and Nerve Health*

B12 Pro Supplementation

B12 Pro is a premium vitamin B12 supplement featuring methylcobalamin—the active coenzyme form of B12 that supports healthy energy metabolism, cognitive function, and neurological health.* Formerly offered under the TonicSea label, this powerful daily supplement is now part of the NutriDyn branded line of products. Its quick-dissolve formula promotes rapid absorption through the body's mucous membranes, bypassing the need for intrinsic factor and enhancing bioavailability.*

Vitamin B12 is essential for healthy red blood cell production, DNA synthesis, and proper nervous system function.* Each serving of B12 Pro delivers 5,000 mcg of methylcobalamin, making it easy to incorporate into a daily health routine. This helps individuals maintain healthy B12 levels, supporting mental clarity, cardiovascular health, and sustained vitality throughout the day.

Key benefits of supplementing with B12 Pro:

- Supports energy production and healthy mitochondrial metabolism*
- Promotes healthy cognitive function and neurotransmitter balance*
- Supports neurological integrity and healthy myelin synthesis*
- Promotes cardiovascular health by supporting healthy homocysteine levels*

How B12 Pro Works

Vitamin B12 is an essential water-soluble vitamin involved in numerous physiological processes, including energy metabolism, DNA synthesis, red blood cell production, and neurological function.*¹ B12 Pro delivers methylcobalamin, the most bioavailable and biologically active form of vitamin B12, promoting rapid uptake and utilization at the cellular level.* Unlike cyanocobalamin, which requires enzymatic conversion in the liver before becoming metabolically active, methylcobalamin is immediately available for key biochemical reactions, making it a superior choice for efficient absorption and efficacy.*²

Methylcobalamin and Healthy Cellular Metabolism*

Methylcobalamin serves as a critical coenzyme in methylation reactions, particularly in the conversion of homocysteine to methionine, a process that supports cardiovascular function and neurotransmitter production.*³ Methionine is a precursor to S-adenosylmethionine (SAMe), a compound required for the biosynthesis of dopamine, serotonin, and norepinephrine, which are essential for cognitive function, mood regulation, and neurological health, highlighting the importance of maintaining optimal B12 levels.*⁴



How B12 Pro Works Continued

Role in Energy Production and Mitochondrial Function*

B12 plays a fundamental role in ATP production by facilitating the conversion of methylmalonyl-CoA to succinyl-CoA, an intermediate in the Krebs cycle responsible for generating cellular energy. Optimal levels of B12 support healthy mitochondrial function needed for sustained energy production and metabolic efficiency.*^{5,6}

Neuroprotection and Myelin Synthesis*

Methylcobalamin is essential for the maintenance and repair of the nervous system, primarily through its role in the synthesis of myelin, the protective sheath surrounding nerve fibers.*⁷ Myelin is critical for the proper conduction of nerve impulses. Research suggests that B12 supplementation may help support nerve regeneration and promote healthy neuroinflammatory markers.*^{8,9}

Cardiovascular Health and Homocysteine Regulation*

Vitamin B12, along with folate and vitamin B6, plays a crucial role in homocysteine metabolism by converting it into methionine, thereby reducing its accumulation in the bloodstream. Clinical studies indicate that adequate B12 levels contribute to vascular health by supporting endothelial integrity, promoting healthy oxidative stress responses, and supporting optimal blood circulation.*¹⁰ By incorporating B12 Pro into a daily regimen, individuals can support their energy metabolism, neurological function, cardiovascular health, and overall cellular resilience.* This highly bioavailable formulation ensures efficient absorption, making it an ideal choice for those seeking to optimize their vitamin B12 status for long-term health and wellness.*

Supplement Facts

Serving Size: 1 Quick-Dissolve Tablet
Servings Per Container: 60

	Amount Per Serving	%DV*
Vitamin B12 (as methylcobalamin)	5,000 mcg	208,333%

Other Ingredients: Xylitol, vegetable stearic acid, crospovidone, microcrystalline cellulose, natural cherry flavor, citric acid, silica, stevia leaf extract.

Directions: Take one quick-dissolve tablet daily or as directed.

Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

References:

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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.

For more information, visit: www.nutridyn.com