

Betavitevit

30 sublingual tablets

B₁₂ neuro + vitamin B₆

dietary supplement

1 sublingual tablet average neto mass contains: 0.2 g

Active ingredients:	100 g of product contains:	1 sublingual tablet contains:	%RDA*
Vitamin B ₆ (pyridoxine hydrochloride)	5x10 ³ mg	10 mg	714,3%
Vitamin B ₁₂ (methylcobalamin)	5x10 ⁵ µg	1000 µg	40000%

*RDA - Recommended Dietary Allowances

Ingredients: anhydrous dextrose, volumizing agent: microcrystalline cellulose, corn starch, pyridoxine hydrochloride (Vitamin B₆), anti-caking agent – magnesium stearate, silicon dioxide; citric acid, methylcobalamin (Vitamin B₁₂), aroma.

Nutritive information:	100 g of product on average contains:	1 sublingual tablet (0.2 g) on average contains:
Energetic value kj (kcal)	1392.5/331.55	2.8/0.7
Fats (g)	1.95	<0.01
Carbohydrates (g)	68.10	0.14
Proteins (g)	<0.10	<0.01

Effects:

Betavitevit B₁₂ neuro + vitamin B₆ sublingual tablets are formulated on the bases of **vitamins B₁₂ and B₆**.

Vitamin B₁₂ is a hydrosoluble vitamin that plays a key role in well functioning of the nervous system and formation of red blood cells. It is connected with the metabolism of all cells in the human body, it influences the synthesis of genetic material and the metabolism of carbohydrates, amino and fatty acids. Vitamin B₁₂ increases concentration, memory and balance and positively influences the appearance of skin and hair. It is poorly absorbed in the stomach, but it binds to the proteins of saliva and gastric juice, which is why the intake of this vitamin is recommended. A mild deficiency of vitamin B₁₂ is fairly common, because this vitamin is of very complex structure and it hardly resorbs in the organism. So called intrinsic factor is synthesised in the stomach, which binds vitamin B₁₂ from food and ensures its resorption in the small intestine. Deficiency of intrinsic factor or acidic environment in the stomach leads to deficiency of vitamin B₁₂. A mild deficiency of this vitamin causes fatigue, loss of breath, diarrhea, nervousness, tingling of arms and legs, and serious deficiency causes neural damage. Vitamin B₁₂ is resorbed with more difficulty with aging, so its deficit is very common in persons older than 65. People with vegetarian and macrobiotic nutrition are especially prone to deficit of this vitamin, so they are advised with supplementation with vitamin B₁₂.

Vitamin B₆ is a hydrosoluble vitamin and is one of the most important nutrients for the human body as it participates in multiple processes in the organism, more than any other vitamin. The other name for vitamin B₆ is piridoxyn. First of all, it acts as a coenzyme, a substance which interacts with other enzymes in order to catalyze chemical reactions in the cells. Taking enough of vitamin B₆, with basic nutrition or by supplementation, helps in prevention of heart disease. Together with vitamin B₁₂ it lowers the level of homocysteine in the blood.

Homocysteine is a substance similar to amino acid, which increased level is connected to increased risk of heart disease and other vascular diseases. Vitamin B₆ is also important for the formation of red blood cells. Some studies have shown that vitamin B₆ can lower the symptoms of PMS in some women. This is probably the result of removal of excess estrogen in the organism. Vitamin B₆ enables the synthesis of neurotransmitters, substances that transport information in the nervous system, so it can lower the probability of epileptic attacks and improve the mood in persons suffering from depression. Vitamin B₆ also alleviates the symptoms of carpal tunnel syndrome, it can lower the volume and frequency of asthma, it alleviates insomnia, it helps maintain the nerves healthy. Increased quantities of vitamin B₆ are needed in persons with severe infections, fever, and persons on hemodialysis. Persons that are exposed to higher stress and alcoholics also need to intake more vitamin B₆. For prolonged use, it is safe to use doses up to 10 mg a day, but doses of 200 mg a day should be taken only for a short period of time.

It is recommended:

- For normal functioning of the nervous system and adequate psychological functions
- In chronic fatigue
- In pernicious anemia
- For normal functioning of the immune system and protection of cells from oxidative stress
- In people suffering from cardiovascular diseases and persons with higher concentration of lipids in the blood
- In PMS and other hormonal disorders

Instruction for use: Persons older than 12: slowly melt in the mouth 1 tablet a day.

Notes: The daily recommended dose should not be exceeded. Dietary supplements are not the replacement for a healthy diet.

Special warnings: The product is not intended for persons under the age of 12, pregnant women, breastfeeding women and persons sensitive to any ingredient of the product.

Storage: Keep at temperature below 25°C, in a dark and dry place, out of the reach of children.

Best before: 3 years.

Packaging: A box with 30 tablets in blister packaging.

Manufacturer: ESENSA d.o.o. Slobodna zona Belgrade, Viline vode bb, Republic of Serbia

Country of origin: Republic of Serbia

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