



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w) Holistic Healthcare

Susan L. Levy, D.C., DABCO, FIACA

Author of *Your Body Can Talk* & *Your AGING Body Can Talk*

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Manganese B₁₂TM

Manganese B₁₂ Contains Manganese Lactate, Vitamin B₁₂, Carrot Powder, and Bovine Bone to Support Many Enzymatic Functions

Vitamin B₁₂ (cyanocobalamin) 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 B₁₂ also helps in the utilization of iron. Manganese also 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 B₁₂ 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. Vitamin B₁₂ 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 B₁₂ are necessary to keep the nervous system operating efficiently. Manganese keeps nerve tissue healthy, while vitamin B₁₂ maintains the fatty sheaths covering and protecting nerve endings. Vitamin B₁₂ assists in the production of a neurotransmitter that enhances memory and learning.†

Improves digestion

Vitamin B₁₂ assists in food absorption to promote good digestion and optimal nutrient assimilation.†

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 B₁₂ is needed to synthesize proteins and metabolize carbohydrates and fats.†



Manganese B₁₂TM

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 ₁₂	5 mcg	80%
Iron	1 mg	6%
Zinc	1.9 mg	15%
Copper	0.2 mg	10%
Manganese	34 mg	1,700%

Proprietary Blend: Carrot (root) and bovine bone.

Other Ingredients: Manganese lactate, honey, camu camu (berry), zinc liver chelate, acerola (berry), manioc (root), iron liver chelate, dicalcium phosphate, copper liver chelate, calcium stearate, and cyanocobalamin.

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

Sold through health care professionals.

Whole Food Philosophy

Our founder, Dr. Royal 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 isolated nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to an isolated or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.



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Manganese B₁₂TM

What Makes Manganese B₁₂ 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 B₁₂ an 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†

Manufacturing and Quality Control Processes

Low-temperature, high-vacuum drying technique

- ▶ Preserves the enzymatic vitality and nutritional potential of ingredients

Not disassociated into isolated components

- ▶ The nutrients in Manganese B₁₂ are processed to remain intact, complete nutritional compounds

Degreed microbiologists and chemists in our on-site laboratories continually 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

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 B₁₂.

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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.



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