

# Vitamin B12

Food supplement with **Vitamin B12**

Vitamin B12 contributes to normal **ENERGY-YIELDING METABOLISM**

**30 orodispersible films**

Raspberry flavour

**GLUTEN FREE | LACTOSE FREE | WITH SWEETENER**

Vitamin B12 is present in all foods of animal origin, albeit in low quantities. In particular, it is found in meat, fish, liver, milk and eggs. In nature, there are no plants or vegetables that contain sufficient amounts of vitamin B12 to meet human intake requirements.

**Vitamin B12 IBSA** is a food supplement with Vitamin B12.

Vitamin B12 contributes to the reduction of tiredness and fatigue, to normal energy-yielding metabolism, to normal functioning of the nervous system and to normal psychological function.

**Vitamin B12 IBSA** is available in orally dispersible films, offering a convenient and easy-to-use form of supplementation:

- **no water needed**

- **dissolves on the tongue quickly**

**It can be taken at any time**, making it ideal for individuals **with swallowing difficulties**, those who are bedridden, or those in fragile health.

## INGREDIENTS

Maltodextrin; Water; Humectants: Glycerol, Sorbitol; Raspberry flavour; Firming agent: Polyvinylpyrrolidone-vinyl acetate copolymer; Emulsifiers: Mono-and diglycerides of fatty acids, Polyoxyethylene sorbitan monooleate (polysorbate 80); Vitamin B12 (Cyanocobalamin); Sweetener: Sucralose.

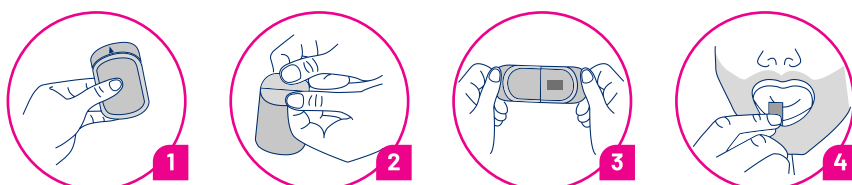
## DIRECTIONS FOR USE

It is recommended to take 1 orodispersible film a day for at least 30 days unless otherwise instructed by your doctor.

## ISTRUCTIONS FOR USE

Important: do not handle the orodispersible film with wet hands.

Follow the instructions in the pictures



## WARNINGS:

The expiry date refers to the product properly stored in an intact package. Store in a cool and dry place, avoid exposure to heat, light and temperature changes.

Food supplements should not be used as a substitute for a varied diet and healthy lifestyle.

Do not exceed the recommended daily dose.

Keep out of the reach of children under the age of 3 years.

## Manufactured by:

IBSA Farmaceutici Italia S.r.l., Via Martiri di Cefalonia, 2 - 26900 Lodi - Italia

in the production plant of Cassina de' Pecchi, via S.S. n.º 11, Padana Superiore Km 160 - 20051

**IBSA, applying IBSA FilmTec® technology, has developed a line of food supplements food supplements in orodispersible film (ODF).**

The new formulations, consisting of an **ultra-thin strip** of small size (thickness 50-150 µm), **dissolves quickly once placed in the mouth**, ensuring bioavailability of the active ingredient.

IBSA food supplements in an orodispersible film are also an **excellent solution** for **those who have difficulty swallowing** and taking the usual oral forms with water.

## Discover the IBSA dietary supplement line with IBSA FilmTec® technology:

**Vitamin D3 IBSA** - 30 orodispersible films - Food supplement containing Vitamin D. Contributes to the normal functioning of the **immune system** and the **maintenance of normal bones**.

**Vitamin B12 IBSA** - 30 orodispersible films - Food supplement containing Vitamin B12. Contributes to normal **energy-yielding metabolism**.

**Iron IBSA** - 20 orodispersible films - Iron-based food supplement. Iron contributes to the normal formation of **red blood cells** and **haemoglobin**.

[www.vitaminb12ibsa.com](http://www.vitaminb12ibsa.com)

