## FLASH Sale How's Your Methylation Working?

## B vitamins folate and B12 need methylation to work their magic

The MTHFR enzyme is critical for metabolizing folate (folic acid) into its active form L-5-methyltetrahyrdrofolate, and vitamin B12 into its active form methylcobalamin. Not only do these two B vitamins need to be methylated to function properly, but they are both required (along with other cofactors) for the process of methylation to even occur in the first place.

For a growing number of people their MTHFR gene is broken due to a genetic mutation and they cannot produce sufficient MTHFR enzyme to activate folate or B12. By taking the pre-methylated form of these two B vitamins, one can get around the need for methylation, and directly supply the pre-active vitamins to work their magic.

NSP's Methyl Combo contains both pre-activated vitamin B-12 and folate: 1,000 mcg of vitamin B12 in its active form methylcobalamin, and 800 mcg folate in its active form L-5-methyltetrahyrdrofolate.

NSP's Methyl B-12 Plus contains niacin (vitamin B3) nicotinic acid 10 mg; vitamin B6 (pyridoxine) 1 mg; riboflavin (vitamin B2) 0.85 mg; thiamine (vitamin B1) 0.5 mg; and vitamin B12 (active form methylcobalamin) 1000 mcg.



## July 8th Only!

20% X4 or 10%

Promo#	Description	PV	Mgr.	Assoc. 20%	PC 10%	Retail
P1057565	Methyl Combo (10%)	24.35	25.29	28.9	32.51	36.13
P1057567	Methyl Combo (x4 20%)	86.56	89.92	102.75	115.58	128.45
P1057569	Methyl B12 Plus, liquid (10%)	12.82	15.30	17.49	19.67	21.86
P1057571	Methyl B12 Plus, liquid (x4 20%)	45.57	54.40	62.18	69.95	77.73

## Tel: 1-800-265-9163 • Fax: 1-800-822-4884 www.naturessunshine.ca

Not valid with any other promotion. Promo may change without notice. Discounted PV.

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