



# Health Matters

by  
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Natural Foods Market

The summer heat can easily drain us of energy, so many of us are looking for more. Our energy is the result of metabolic processes in the mitochondria of our cells which depend on Vitamin B12 as a catalyst. Also essential for cellular repair, nerve function and red blood cell formation, B12 is often deficient due to poor absorption, especially in those of us over 40.

Also linked to loss of appetite, neuropathy, muscle weakness and brain fog, a B-12 deficiency can be overcome with the use of **Methylcobalamin**, a form of B12 in an easily dissolvable tiny "microlingual" tablet. Because it dissolves in the mouth, bypasses the gut and goes directly into the blood stream, it's more readily assimilated.

Studies confirm that since the **Methylcobalamin** form of Vitamin B12 crosses the blood-brain barrier, it can better protect brain cell neurotransmitters, improve nerve function, increase energy production and reduce muscle degeneration

As always, we guarantee your satisfaction.

*Locally Owned for 34 Years*

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