



NATURE'S SUNSHINE

Liquid - Methyl Vitamin B-12 Complete

GOOD FOR

Nervous System

Immune System

Brain

SIZE 2 fl oz

ITEM # 21690

SERVING 1 mL

SUPPLY 59 days

DIRECTIONS FOR USE Take 1 mL (17–18 drops) once daily. Hold under the tongue for 30 seconds before swallowing. May take one additional dose for energy.

— How the Key Ingredients Work

This liquid formula brings together methyl B-12 and a full spectrum of B vitamins alongside key electrolytes, working together to fuel your energy, support your nervous system, and keep your body running smoothly day after day. Every ingredient plays a real role — from helping your cells make energy to keeping your fluids balanced and your mood on an even keel.

Methyl Vitamin B-12 (Methylcobalamin) — B-12 is the star of this formula, and the methyl form is one your body can put to work right away. It supports healthy red blood cell formation, helps keep your nervous system strong, and plays a key role in the one-carbon chemistry your body uses to make neurotransmitters and maintain healthy homocysteine levels. Research even shows methylcobalamin supported faster nerve recovery in a clinical trial on Bell's palsy patients.

Vitamin B6 (Pyridoxine) — Think of B6 as your body's neurotransmitter helper. It's involved in making serotonin, dopamine, and GABA — the calming and mood-lifting chemicals your brain relies on every day. It also supports healthy red blood cell production and helps your body handle stress. A double-blind study found high-dose B6 reduced self-reported anxiety in young adults.

Vitamin B3 (Niacin / Niacinamide) — Niacin helps your body build NAD⁺, a molecule every cell needs to produce energy and defend itself against everyday oxidative wear and tear. It supports the regeneration of glutathione, one of your body's most important natural protectors. It also plays a role in supporting healthy cholesterol balance and keeping your arteries in good shape at therapeutic doses.

Vitamin B2 (Riboflavin) — Riboflavin quietly keeps your antioxidant defenses humming. It helps regenerate glutathione — your body's master antioxidant — so it stays active and ready to neutralize harmful molecules. It also supports the energy-producing pathways your muscles and organs depend on, and research links good riboflavin status to healthy iron metabolism and a lower risk of anemia.

Vitamin B1 (Thiamine) — Thiamine was the very first B vitamin discovered, and for good reason — it's essential for turning the carbohydrates you eat into usable energy. It also supports your nervous system and gut health, and helps your body maintain its natural antioxidant defenses by supporting glutathione production. Some research suggests thiamine may also help ease feelings of anxiety and abdominal discomfort tied to low B1 levels.

Potassium — Potassium is one of your body's most important minerals for keeping fluids balanced and your heart beating steadily. Higher potassium intake is linked to healthier blood pressure, better arterial flexibility, and even stronger bones. It also plays a role in helping your pancreas release insulin properly, supporting healthy blood sugar balance throughout the day.

Sodium — Sodium gets a bad reputation, but at the right levels it's absolutely essential. It's the main mineral in the fluid outside your cells, helping regulate hydration, support nerve signaling, and keep your muscles contracting properly. During exercise, sodium lost through sweat needs to be replaced to maintain proper electrolyte balance and avoid dehydration.

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