



SanaCore Methyl & SanaCore Adenosyl

Read through the leaflet carefully, as it contains information that is important to you.

- Keep this leaflet – it may be necessary to read it again.
- Dietary supplements are not a substitute for balanced nutrition.
- When combining with medication, always consult your doctor.

Contents of this leaflet

1. What is SanaCore Methyl & SanaCore Adenosyl and what is it used for?
2. What do I need to know before using SanaCore Methyl & SanaCore Adenosyl?
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1. What is SanaCore Methyl & SanaCore Adenosyl and what is it used for?

Active Components

SanaCore Methyl 1000 + Folic Acid

- methylcobalamin 1000mcg
- folic acid 100mcg

SanaCore Methyl 3000 + Folic Acid

- methylcobalamin 3000mcg
- folic acid 400mcg

SanaCore Methyl 3000

- methylcobalamin 3000mcg

SanaCore Methyl 5000

- methylcobalamin 5000mcg

SanaCore Methyl 10.000

- methylcobalamin 10.000mcg

SanaCore Adenosyl 1000 + Folic Acid

- adenosylcobalamin 1000mcg
- folic acid 100mcg

SanaCore Adenosyl 3000 + Folic Acid

- adenosylcobalamin 3000mcg
- folic acid 200mcg

SanaCore Adenosyl 3000

- adenosylcobalamin 3000mcg

SanaCore Adenosyl 10.000

- adenosylcobalamin 10.000mcg

There are two metabolic active forms of Vitamin B12: methylcobalamin and adenosylcobalamin. These metabolically active forms do not require conversion in the body.

Methylcobalamin has a role in the process of cell division and contributes to a normal red blood cell formation, a normal homocysteine metabolism and a normal functioning of the nervous system.

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

Folic Acid and vitamin B12 use each other to function properly within the body. It is recommended to always supplement folic acid alongside vitamin B12.

Vitamin B12 contributes to Energy and metabolism

- Vitamin B12 contributes to normal energy-yielding metabolism
- Vitamin B12 contributes to the reduction of tiredness and fatigue

Nervous system

- Vitamin B12 contributes to normal functioning of the nervous system
- Vitamin B12 contributes to normal homocysteine metabolism

Cell division

- Vitamin B12 has a role in the process of cell division

Blood

- Vitamin B12 contributes to normal red blood cell formation

Immune system

- Vitamin B12 contributes to the normal function of the immune system

Psychological function

- Vitamin B12 contributes to normal psychological function

2. What do I need to know before using SanaCore Methyl & SanaCore Adenosyl?

Do not use SanaCore Methyl & SanaCore Adenosyl

If you are sensitive to one of its component parts. Cobalamin should not be taken in case of congenital optic nerve atrophy (Leber's disease) and an oversensitivity to cobalt or cobalamin.

Use a lower dosage for children under the age of 6; consult your doctor with questions concerning this issue.

Side effects

Often (1-10%): (upon starting)

Headaches, Acne, Acneiform dermatitis

In rare cases an initial aggravation of pre-existing physical and psychological symptoms is possible.

In case you experience a side effect you consider severe, consult your doctor.

Overdose

An overdose and/or poisoning is not possible¹.

Other ingredients

Emdex® (polysaccharides), natural cherry flavour, anti-caking agent: magnesium stearate

Contains no

yeast, sugar, gluten, lactose, soy, preservatives or artificial aromas, colourings or sweeteners.

Suitable for

Vegetarians, vegans

Pregnancy

Vitamin B12 is important both before and during pregnancy. Studies ^{2,3,4,5} have shown that a deficiency in vitamin B12 is associated with infertility, miscarriages and neural tube defects.

Breastfeeding

Vitamin B12 and folic acid are passed on through breastmilk. There is an increase in the need for vitamin B12 and folic acid during the period of breastfeeding. Methylcobalamin and adenosylcobalamin can be used during the period of lactation.

Driving ability and operating machinery

Based on the pharmacodynamic profile and/or side effects profile, it is not probable that methylcobalamin and adenosylcobalamin have an effect on driving ability and the ability to operate machinery.

Maximum daily dose

SanaCore Methyl 1000 + Folic Acid

- contains 100 mcg folic acid, see table below for maximum daily dose of folic acid.

SanaCore Methyl 3000 + Folic Acid

- contains 400 mcg folic acid, see table below for maximum daily dose of folic acid.

SanaCore Methyl 3000

- 12 lozenges a day

SanaCore Methyl 5000

- 8 lozenges a day

SanaCore Methyl 10.000

- 4 lozenges a day

SanaCore Adenosyl 1000 + Folic Acid

- contains 100 mcg folic acid, see table below for maximum daily dose of folic acid.

SanaCore Adenosyl 3000 + Folic Acid

- contains 200 mcg folic acid, see table below for maximum daily dose of folic acid.

SanaCore Adenosyl 3000

- 12 lozenges a day

SanaCore Adenosyl 10.000

- 4 lozenges a day

Folic Acid

Age	Upper Limit (mcg per day)*
0 - 5 months	85
6 - 11 months	130
1 - 3 years	200
4 - 8 years	350
9 - 13 years	600
14 - 18 years	900
19+	1000
Pregnant	1000
Breastfeeding	1000

* This assumes an average uptake of 50% of folic acid from nutrition.

* The most important reason that these folic acid levels are set as the upper limit is the danger of masking a vitamin B12 deficiency in case of higher doses. ⁶

Do not exceed maximum daily amount.

3. How are SanaCore Methyl & SanaCore Adenosyl used?

Allow one lozenge to melt underneath the tongue, preferably before or after breakfast or lunch. For optimal effect, do not eat or drink for 15 minutes after taking it.

Or as advised.

4. How do I keep SanaCore Methyl & SanaCore Adenosyl?

Keep SanaCore Methyl & SanaCore Adenosyl out of reach and sight of children. Do not store at temperatures exceeding 25°C. Save in original blister pack. Expiry date is noted on the blister.

SanaCore Methyl & SanaCore Adenosyl are products of:
SanaCore B.V.,
Duinweg 22, 1871AC Schoorl,
The Netherlands.

The text on this leaflet was last revised in January of 2017.

¹ Gezondheidsraad. Voedingsnormen: vitamine B6, foliumzuur en vitamine B12. Publicatienr. 2003/04, Gezondheidsraad, Den Haag 2003

² Cobalamin status during normal pregnancy and postpartum: a longitudinal study comprising 406 Danish women, Milman N, Byg K-E, Bergholt T, Eriksen L, Hvas A-M. Eur J Haematol 2006; 76: 521-525

³ Neural-tube defects are associated with low concentrations of cobalamin (Vitamin B12) in amniotic fluid, M. T. Steen, A. M. Boddie, A. J. Fischer, W. Macmahon, D. Saxe, K. M. Sullivan, P. P. Dembure AND L. J. Elsas Prenat. Diagn. 18: 545-555 (1998)

⁴ Vitamin B12 deficiency in children and adolescents, Sonja A. Rasmussen, Paul M. Fernhoff, and Kelley S. Scanlon J Pediatr 2001;138:10-7. 9/19/112160

⁵ Vitamin B12 deficiency: Is it underestimated in pregnant women?, Robert H. Glew, Denis M. McCarthy & Dorothy J. Vanderjagt, (Received 26 October 2004; accepted 28 December 2004), ISSN 0001-6349 print/ISSN 1600-0412 online # 2006 Taylor & Francis DOI: 10.1080/00016340500438074

⁶ European Commission - Scientific Committee on Food - Opinion of the Scientific Committee on Food on the Tolerable Upper Intake Level of Folate. 28 November 2000