

# Trifolamin™

*Three highly absorbable forms of vitamin B12 with added folate in a delicious lozenge*

Trifolamin™ lozenges are formulated to support healthy levels of vitamin B12 and folate, providing a synergistic combination of the natural active form of folate plus three highly bioavailable forms of vitamin B12.

## Vitamin B12

The three forms of vitamin B12 found in Trifolamin™ are methylcobalamin, hydroxycobalamin, and adenosylcobalamin. These are easily absorbed by the body, likely because they are identical to the forms that occur naturally in human physiology. They are also more bioavailable than the cyanocobalamin form, which is the form typically found in mass-marketed supplements and used for food fortification. While most individuals can absorb and use all three forms of B12 in this product, some forms may be more effective for certain individuals, so Trifolamin™ includes all three for maximum efficacy.

## Folate and Vitamin B12 Functions

Folate is included because it is one of the most important cofactors that helps realize the benefits of optimizing B12 status. Unlike many commercial supplements, which contain folic acid, Trifolamin™ includes the active form of folate (as 5-methyltetrahydrofolate or 5-MTHF) for superior absorption.

Folate and vitamin B12 work synergistically in the body to support physical, psychological, and neurological health. They are required for the synthesis of red blood cells, proper nerve cell/neuronal function, healthy cognition, steady energy levels, and regulating levels of homocysteine, which plays a role in cardiovascular health.\*

## The Lozenge Advantage

The lozenge delivery system of Trifolamin™ allows for two routes of B12 and folate absorption: 1) directly through the tissues in the mouth, and 2) bound by a protein secreted in the saliva that carries B12 to the gastrointestinal tract. These lozenges have a great-tasting natural orange flavor and do not contain artificial sweeteners or colorings.

## Who May Benefit

Vitamin B12 is found abundantly in animal foods but is not present in foods from the plant kingdom, so vegetarians and strict vegans may benefit from supplementation of this crucial nutrient. (Select fermented plant foods contain B12 synthesized by bacteria during fermentation but the overall amount of B12 obtained from these sources would typically not be enough to meet an individual's needs.) Additionally, the capacity to properly digest B12-rich foods and absorb B12 declines naturally with age, so older individuals may benefit from supplementation. Supplementation may also be prudent in younger individuals with suboptimal digestive function, since robust stomach acid and a key compound called intrinsic factor, secreted in the stomach, are required to liberate B12 from its food matrix so it can be absorbed. Use of certain commonly taken prescription and over-the-counter pharmaceutical drugs are known to interfere with absorption of B12, so supplementation may be warranted for individuals taking these medications. (As always, check with your qualified medical professional to see if you are taking any such medications.)

**Recommended Use:** Take one lozenge per day, or as directed by a health care practitioner. Allow lozenge to dissolve slowly and completely in mouth and swallow. Best taken after a meal.

## Benefits\*:

- Supports steady energy levels
- Supports healthy neurological function
- Aids in synthesis of red blood cells
- Promotes healthy cognition
- Supports a healthy pregnancy and fetal development
- Needed for numerous biochemical reactions involved in synthesis of DNA and neurotransmitters such as serotonin and dopamine
- Supports heart health



Consult with your healthcare practitioner about your specific circumstances and any questions you may have.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (860) 623-6314, OR VISIT US ON THE WEB AT [WWW.DESIGNSFORHEALTH.COM](http://WWW.DESIGNSFORHEALTH.COM).