



Nurturition Reveals The Benefits Of Vitamin B12

June 12, 2018

June 12, 2018 - PRESSADVANTAGE -

Recently, Nurturition, a health and nutrition company in Houston, TX, launched their new Vitamin B12 supplement. They have now announced that they have also released information revealing the benefits of vitamin B12. This information is available on Nurturition's website.

Alice, official spokesperson for Nurturition, says: "Vitamin B12 is part of the overall range of B-complex vitamins. The word 'complex' is appropriate because it still isn't quite understood how it works and why. But what is known is that vitamin B12 helps the body produce more red blood cells, supports the central nervous system, and makes people feel more focused. Vitamin B12 is absolutely essential for overall health."

Vitamin B12 has been extensively researched by scientists and continues to be so. It is now understood that, when supplemented at 5,000mcg daily, it gives the body the chance to absorb what it needs. This is also the dosage that Nurturition is providing for the said vitamin supplement. Furthermore, they have used methylcobalamin, which is the most bioavailable form of the vitamin.

"It is of importance that the body is able to properly absorb the vitamin and put it to good use," explains Alice. "Methylcobalamin is the best way to achieve that. The other key benefit is it can be used by vegetarians as well. Vitamin B12 occurs only in animal products, which is why vegetarians are more likely to be deficient in

this vitamin."

People are encouraged to visit Nurturition on Amazon to purchase the latest supplement, or any of their other supplemental products, such as turmeric, fish oil, or probiotics. The supplements are available directly on Amazon, and all purchases come with a full satisfaction guarantee.

###

For more information about Nurturition, contact the company here: NurturitionAlicealice@nurturition.com 538 West 21st St #48879 Houston, Texas 77008-3642 USA

Nurturition

Website: <https://www.nurturition.com/>

Email: alice@nurturition.com



Powered by [PressAdvantage.com](https://pressadvantage.com)