Nutritional Status and Age-Related Hearing Loss in Elderly Women

Concern over B12 folate status is not limited to women of child bearing age. Poor vitamin B12 and folate status may be associated with age-related auditory function. Two of the most common vitamin inadequacies in the elderly are vitamin B12 and folate.

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 1 Lozenge</th>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin B6 (as pyridoxal-5-phosphate)</td>
<td>2 mg</td>
<td>100%</td>
</tr>
<tr>
<td>Folate (as folic acid)</td>
<td>800 mcg</td>
<td>200%</td>
</tr>
<tr>
<td>Vitamin B12 (as hydroxocobalamin)</td>
<td>2,000 mcg</td>
<td>33,333%</td>
</tr>
</tbody>
</table>

**Other ingredients:** Sorbitol, mannitol, stearic acid (vegetable culture), magnesium stearate (vegetable culture) and natural flavor.

**Recommendation:** One (1) lozenge each day as a dietary supplement or as otherwise directed by a healthcare professional.

For more information, consult your Healthcare Professional or:

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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.
We respect the choices you have made for yourself and appreciate the confidence you place in us to assist you in meeting your healthcare needs. We believe our role in your healthcare goes beyond the traditional aspects of healthcare services, and want to assure you that we are available for your questions.

In fact, one of the most important things we can provide you is information. For example, you may need help in understanding the use and concerns of prescription drugs or over the counter pharmaceutical products.

Folic Acid, B6, and B12 are critical for:

- Red blood cell formation
- Essential for RNA and DNA metabolism
- Essential for helping prevent Spina Bifida birth defects
- Improving immune function and gluconeogenesis
- Prevention of macrocytic and pernicious anemias

Since the use of oral contraceptives is associated with decreased folic acid, vitamin B12 and B6 levels, supplementation of these nutrients is recommended.

Each bottle of B12-2000™ Lozenges from Biotics Research provides a full 60 day supply of nutritional support to help maintain adequate vitamin B12, folic acid and B6 levels. Supplied as a great tasting lozenge, B12-2000™ Lozenges allows for sublingual uptake of B12 which has been shown to be an effective way to deliver this important nutrient.

Vitamin B6 is vital to numerous functions. They include immune function, gluconeogenesis, red cell metabolism, lipid and neurotransmitter synthesis affecting the nervous system and hormone function.

The use of oral contraceptives are associated with decreased folic acid, and vitamins B12 and B6 levels. Among the areas of concern are the increased homocysteine plasma concentration (which impacts cardiac health), and in the case of pregnancy after cessation of oral contraceptive use, the increased risk of neural tube defects resulting from folate depletion.

We Care About You

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• Take tablets at same time each day; nighttime dosing may reduce nausea and headaches
• Use additional method of birth control, such as condoms or a diaphragm with spermicide, during the initial cycle
• Missed doses in mid-cycle greatly increase likelihood of pregnancy
• Avoid exposure to ultraviolet light or prolonged exposure to sunlight
• Weigh yourself twice a week and report any sudden weight gain or edema to your doctor
• Headache, nausea, dizziness, breast tenderness, spotting and breakthrough bleeding are common at first. These effects should diminish after three to six dosing cycles
• If one tablet is missed, take as soon as you remember or two tablets the next day and continue regular schedule. If you miss two consecutive days, take two tablets daily for two days and then resume normal schedule
• Use an additional method of birth control for seven days after missed tablets
• Ask your doctor or pharmacist any questions that you have concerning your medication

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