

B12 Gold

DIETARY SUPPLEMENT



It is very important for athletes to ensure that they have an adequate vitamin B12 intake, regardless of whether they participate in an endurance sport, a team sport, or an explosive strength sport. Vitamin B12 contains numerous properties that are beneficial for any ambitious athlete. Vitamin B12 supports the production of red blood cells and contributes to the production of cells and tissues. Vitamin B12 also contributes to metabolic processes that turn food into energy. This energy is needed for all bodily functions as well as to deliver a good performance. Vitamin B12 also helps to reduce tiredness and fatigue and boost concentration. Furthermore, vitamin B12 supports the body's defence system.

Vitamin B12 can be found in animal products. For that reason, vegetarians must pay particular attention to their vitamin B12 intake. Vegans (who consume no animal products at all) are advised to take extra vitamin B12 to supplement their diet. Intrinsic factor is a substance that is required for the absorption of vitamin B12. This protein is produced in the stomach and facilitates the absorption of vitamin B12 in the small intestine. It is therefore important that the stomach functions properly for vitamin B12 to be absorbed.

Virtuoos B12 Gold

B12 Gold contains a high dose of vitamin B12 in the form of the stable substance methylcobalamin. The branded ingredient BioPerine improves the absorption of vitamin B12 in the body. Virtuoos B12 Gold is an excellent choice for people wanting to take a high dose of vitamin B12 to supplement their diet.

NZVT Certified

B12 Gold is produced in accordance with the anti-doping standards and other standards of the NZVT system (Anti-Doping Authority for the Netherlands) and therefore displays the NZVT logo. B12 Gold can be used by top athletes with confidence, so that they can concentrate on delivering an optimum athletic performance with peace of mind.

Special ingredient

BioPerine®

Additional information

This product does not contain any known allergens and is suitable for vegetarians and vegans.

Recommended use

Take one capsule a day with plenty of water, preferably with a meal.

Health Claims

- Active form of vitamin B12
- Helps to reduce tiredness and fatigue
- Supports normal red blood cell formation
- 500 mcg per vegetarian capsule
- Suitable for vegetarians and vegans

Composition per daily dose (one vegetarian capsule)

Ingredient	Quantity	% RI	Compound
Vitamin B12 (as methylcobalamin)	500 µg	20000%	
BioPerine™ (piperine)	5 mg	*	

RI = Reference intake / * RI not determined



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Explanation

Vitamin B12 is a key factor in the formation of red blood cells, contributes to the production of tissues, ensures that the nervous system functions properly, and is involved in metabolic processes (conversion of food to energy).

Can be used:

- For a vitamin B12 deficiency
- With a vegetarian/vegan diet*

Additional information:

- Vitamin B12 can be found in food derived from animals (meat, fish, milk, and eggs). Vegans are therefore advised to take vitamin B12 supplements
- Vegetarians who consume a sufficient amount of dairy products have an adequate vitamin B12 intake
- Liver and liver products contain high levels of vitamin B12
- Gastrointestinal infections (reduced gastric acid production) reduce the amount of vitamin B12 absorbed in the intestine

** If you follow a vegetarian/vegan diet, you are also at risk of a deficiency in iron, zinc, calcium, and omega-3 fatty acids. Depending on the type of sport you do, creatine (normally derived from meat) may also be recommended.*

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