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# Vitamin B12 Spray

*Data Sheet*

[www.artgerecht.com](http://www.artgerecht.com)





## Holistic support for energy metabolism, nervous system & immune system<sup>2</sup>

Active Methylcobalamin (Vitamin B12) spray with 5x increased bioavailability through patented microencapsulation; essential for a vegan or vegetarian diet

## Discover the Power of Vitamin B12

Vitamin B12 contributes to a normal nervous system and supports you in the fight against fatigue

- For the nervous system and immune system<sup>2</sup>
- 80% higher Vitamin B12 absorption
- 5x faster absorption
- 100% natural raw materials
- Innovative delivery technology

## What is Vitamin B12 Spray?

Do you want to improve your mental performance, support your immune system during stressful times, and reduce fatigue?<sup>2</sup> Then you should rely on **Power Vitamin B12!**

However, with a vegan or vegetarian diet, adequate intake of Vitamin B12 is particularly challenging. B12 is mainly found in animal products, and your body cannot produce it on its own. Supplement it easily, conveniently, and quickly with our **fruity B12 spray** - your simple solution to meet your B12 needs.

The special part? To ensure **optimal absorption**, our B12 spray uses an **innovative technology**. This guarantees **maximum uptake** and enhances the effectiveness of the B12 nutrient. Each spray is precisely dosed, so your body receives exactly what it needs, without waste or overdose.

## Why Vitamin B12 Spray from artgerecht?

- High-dose Methylcobalamin with 280 µg per daily dose
- Microencapsulation; patented delivery technology (TINYsphere®)

- Highly effective absorption; 5-fold increased bioavailability with optimized uptake
- Precise dosing and optimal absorption through spray form
- Developed at German universities
- Pure natural raw materials: vegan, lactose- and gluten-free, without artificial additives
- Fruity orange flavor from natural aromas
- Vitamin B12 contributes to the reduction of tiredness and fatigue<sup>2</sup>
- Vitamin B12 contributes to normal nervous system and immune system function<sup>2</sup>

## Scientific background to Vitamin B12 Spray?

Vitamin B12 belongs to the B vitamins. It is often also referred to as Cobalamin. B vitamins are a group of water-soluble vitamins that together perform important functions in the body, especially in energy production, cell division, and maintaining a healthy nervous system.<sup>2</sup>

Vitamin B12 is an essential vitamin responsible for many important **processes in the body**. It contributes to the normal function of the **nervous system**, supports the formation of red blood cells, and helps to **reduce tiredness and fatigue**. Additionally, it supports the **immune system**, particularly during stressful periods.<sup>2</sup>

Thanks to the **innovative spray technology**, the vitamin is absorbed directly through the oral mucosa, allowing for a particularly high **absorption rate**. Each spray is precisely dosed so that your body receives exactly the amount of B12 it needs – without waste or overdose.

Methylcobalamin, which we exclusively use at artgerecht, is the biologically active form of Vitamin B12 and plays an important role in the body, particularly in supporting the nervous system and the formation of red blood cells. It is one of the forms of Vitamin B12 that can be used directly by the body, unlike other forms such as Cyanocobalamin, which must first be converted.

Thanks to the rapid absorption, the benefits of **direct uptake** through the oral mucosa can be **felt** within a short time, compared to conventional methods.

## Frequently Asked Questions

### Why is the methylation of Vitamin B12 so important?

Methylated Vitamin B12, also known as Methylcobalamin, is one of the most bioactive forms of this essential vitamin and is used directly by the body. Unlike other forms such as Cyanocobalamin (non-methylated), Methylcobalamin does not need to be converted and is immediately available for essential processes such as DNA synthesis and energy production. This form is especially beneficial for people with genetic variants that make converting Vitamin B12 difficult, as it is already active. Another advantage of methylated Vitamin B12 is its protective effect on the nervous system, preventing and even reversing nerve damage that can result from a deficiency.<sup>2</sup> Additionally, Methylcobalamin supports key detoxification processes in the body and contributes to overall health.

### What is special about direct absorption through the oral mucosa?

This innovative technology (TINYsphere®) allows for efficient absorption of Vitamin B12 (Vitamin B12) by bypassing the first-pass effect, ensuring that the body receives the nutrients it needs.

### Why is particle size important for Vitamin B12 absorption?

Particle size influences the bioavailability of Vitamin B12. Thanks to Vitamin B12, tiny droplets

are created that increase bioavailability by a factor of 5. The artgerecht Vitamin B12 spray produces a homogeneous, fine, and stable mixture with particle sizes in the nanometer range, allowing for rapid and efficient absorption.

## **What role does B12 play?**

Vitamin B12, also known as Cobalamin, is a water-soluble vitamin that plays an important role in the body. It is crucial for red blood cell formation, DNA synthesis, and nervous system function. Vitamin B12 also contributes to normal brain function and helps break down homocysteine, an amino acid that, at high levels, is linked to heart disease. Since the body cannot produce Vitamin B12 on its own, it must be obtained through diet or supplements. It is primarily found in animal products such as meat, fish, eggs, and dairy, so people following vegan or vegetarian diets must pay particular attention to their Vitamin B12 intake. A deficiency in Vitamin B12 can lead to symptoms such as fatigue, weakness, memory problems, and nerve damage.

## **Why might tablets or conventional liquid solutions be insufficient for Vitamin B12 absorption?**

Tablets and most liquid solutions contain Vitamin B12 in suboptimal particle sizes, leading to low bioavailability, and only a fraction of the Vitamin B12 is absorbed by the body.

## **How does particle size affect solubility?**

The tiny droplets that are created improve solubility and allow for faster absorption of Vitamin B12 in the body.

## **How is Vitamin B12 used?**

The product \B12 by artgerecht\ is simply sprayed onto the oral mucosa to ensure rapid and efficient absorption.

## **Is B12 safe?**

Yes, B12 is safe, 100% natural, and contains no artificial additives.

## **Who is direct absorption through the oral mucosa suitable for?**

Direct absorption through the oral mucosa is suitable for anyone who wants to ensure efficient and rapid Vitamin B12 uptake, especially for people with digestive issues or increased nutrient needs.

## **How long does it take to feel the benefits of direct absorption through the oral mucosa?**

Thanks to rapid absorption, the benefits of direct uptake through the oral mucosa can be felt within a short time compared to conventional methods.

## **Are there additional benefits of B12?**

In addition to improved bioavailability, the product \B12 by artgerecht\ offers better stability of the mixture and optimized distribution of nutrients in the body, leading to more efficient utilization.

## **How long does the B12 spray last with recommended use?**

We recommend 1 spray per day (spray volume = 0.14 ml). Our 30 ml bottle should therefore last 214 days when used as directed.

## **How should the B12 spray be stored optimally?**

Store the B12 spray in a cool, dry, and dark place (not above 25°C / 77°F).

## Ingredients

Water, humectant (glycerin), emulsifier (lecithin (soy)), flavor (orange peel oil), methylcobalamin, antioxidant (alpha-tocopherol)

Content	Amount	% NRV1
Vitamin B12	280 µg	11200%

## Recommended intake

Take 1 spray daily, hold under the tongue for about 1 minute.

## Additional information

- SKU/MPN: 15302
- Content: 30 ml
- Net filling quantity: 30 ml
- EAN/GTIN: 4260656120576
- PZN (DE): 19294211
- PZN (AT): 5880632
- Customs tariff number: 29369000
- Origin: DE
- Version: 13.12.2025




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1) NRV = Nutrient Reference Values (Recommended Daily Allowance according to the Nutrition Labeling Regulation) 2)Vitamin B12 contributes to normal energy metabolism 2)Vitamin B12 contributes to the normal function of the nervous system 2)Vitamin B12 contributes to normal homocysteine metabolism 2)Vitamin B12 contributes to normal psychological function 2)Vitamin B12 contributes to the normal formation of red blood cells 2)Vitamin B12 contributes to the normal function of the immune system 2)Vitamin B12 contributes to the reduction of tiredness and fatigue 2)Vitamin B12 has a role in cell division