

For-Til B₁₂®

Contains Tillandsia Powder and Vitamin B₁₂

Tillandsia usneoides, commonly referred to as Spanish moss, grows in abundance on the southeastern coastal plain of the United States, in the West Indies, and in Central and South America. It is not a true moss, rather it is a member of the pineapple family (Bromeliaceae) and is an epiphyte, a nonparasitic plant that is supported by another plant and has aerial roots exposed to the humid atmosphere.

How For-Til B₁₂ Keeps You Healthy

Controls blood sugar levels

Limited studies suggest that a substance found in Spanish moss, HMG (3-hydroxy-3-methylglutaric acid), may help lower blood sugar levels.†



Introduced in 1958

Content:

90 capsules

Suggested Use: One capsule per meal, or as directed.

Supplement Facts:

Serving Size: 1 capsule
Servings per Container: 90

	Amount per Serving	%DV
Calories	2	
Vitamin B ₁₂	3 mcg	50%

Proprietary Blend: 288 mg

Tillandsia usneoides, calcium lactate, defatted wheat (germ), oat flour, calcium phosphate, bovine spleen, ovine spleen, ascorbic acid, and magnesium citrate.

Other Ingredients: Gelatin, water, colors, cellulose, calcium stearate, dicalcium phosphate, and cyanocobalamin.

Each capsule supplies approximately: 225 mg tillandsia powder.

Sold through health care professionals.

Please copy for your patients.

†These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



For-Til B₁₂[®]

What Makes For-Til B₁₂ Unique

Product Attributes

Multiple nutrients from a variety of plant and animal sources

- › Each capsule supplies 225 mg tillandsia powder (Spanish moss)
- › Vitamins, minerals, and nutrients from plants and animal tissues work synergistically for maximum effect[†]

Manufacturing and Quality-Control Processes

Low-temperature, high-vacuum drying technique

- › Preserves the enzymatic vitality and nutritional potential of ingredients

Not disassociated into isolated components

- › The nutrients in For-Til B₁₂ are processed to remain intact, complete nutritional compounds

Degreed microbiologists and chemists in our on-site laboratories continually conduct bacterial and analytical tests on raw materials, product batches, and finished products

- › Ensures consistent quality and safety

Vitamin and mineral analyses validate product content and specifications

- › Assures high-quality essential nutrients are delivered

Whole Food Philosophy

Our founder, Dr. Royal Lee, challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature—in a whole food state where he believed their natural potency and efficacy would be realized. Dr. Lee believed that when nutrients remain intact and are not split from their natural associated synergists—known and unknown—bioactivity is markedly enhanced over isolated nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to an isolated or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.

Studies on nutrients generally use large doses and these studies, some of which are cited below, are the basis for much of the information we provide you in this publication about whole food ingredients. See the supplement facts for For-Til B₁₂[®].

Arslanian R.L., Stermitz F.R. 1986. *J Nat Prod* 49(6): 1177.

Costa M., Stasi D., et al. 1989. Screening in mice of some medicinal plants used for analgesic purposes in the state of Sao Paulo, Part II. *J Ethnopharmacol* (1-2): 25-37.

Gabrera G.M., Gallo M., Seldes A.M. 1996. *J Nat Prod* 59(4): 343-347.

Harborne J., Baxter H., eds. 1983. *Phytochemical Dictionary: A Handbook of Bioactive Compounds From Plants*. London, England: Taylor and Frost.

Judd R.L., et al. 1995. *J Nat Prod Loydia* 5818: 1285-1290.

Keller W.J., Boum W.M., Borfiglio J.F. 1981. *Quart J Crude Drug Res* 2-3: 49-51.

Lewis D.S., Mabry T.J. 1977. *Phytochemistry* 16: 1114-1115.

Mallet E. 1975. Private communication in Erath, Louisiana.

Medan P.J., Broughton S.A., et al. 1985. *Fed Proc* 4414: 2753.

Webber M.G., Lauter W.M., Foote P.A. 1952. *J Am Pharm Assoc* 41: 230-235.

Witherup, et al. 1995. Identification of 3-hydroxy-3-methylglutaric acid (HMG) as a hypoglycemic principle of Spanish moss (*Tillandsia usneoides*). *J Natural Products* 58(8): 1285-1290.

