

HINNAO[®]

TECHNOLOGY



WELCOME TO
YOUR HINNAO[®] JOURNEY



HINNAO® Technology Methyl B12

INSTANT ABSORPTION USING ADVANCED HINNAO® TECHNOLOGY



Please take care to read the following document before you start taking your Methyl B12. This document has been designed to give you advice to ensure you gain the most out of your HINNAO® product.

If you have any medical conditions, take medications or have any allergies please consult your GP before taking this food supplement.
This product is not for under 18's, pregnant or breastfeeding women.



GENERAL PRODUCT INFORMATION

Hydration

Due to the strength of HINNAO products consumers should be sufficiently hydrated before use.

Storage and Temperature Guidelines

Our Methyl B12 is stable up to 85 degrees Celsius. We recommend that you keep it out of sunlight and store it in a cool, dry place. Some people enjoy the taste more when kept in the fridge, but it isn't necessary for storage. Each bottle of Methyl B12 has a shelf life of more than 2 years.

HOW TO GET THE MOST OUT OF YOUR HINNAO® METHYL B12

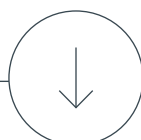
Ensure your mouth is free of any debris before consuming, especially after eating.

How Absorption Works

HINNAO® Methyl B12 absorbs into your bloodstream via mucous membranes. The instructions on the bottle indicate to hold the liquid under your tongue for 30-90 seconds to optimise absorption because there are more mucous membranes under your tongue than elsewhere in your mouth.

Alternatives to under the tongue

If you have difficulty or are unable to hold the product under your tongue, there are still many mucous membranes throughout your mouth. So absorption does not require holding it under your tongue exclusively. It is still a good idea to hold the product as long as possible up to 90 seconds to ensure optimal absorption. The Methyl B12 will still be absorbing as it travels down the throat.



When to take your HINNAO® Methyl B12

Methyl B12 can be taken at any time during the day, but morning or midday is preferred by people who see increased energy levels after supplementation. People taking for exercise-related benefits have reported success taking it immediately before exercise.

Generally fine taken on an empty stomach but if you do notice any nausea then try taking it after food.

Dosage suggestions based on client success reports

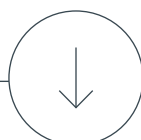
1000mcg Methyl B12 per day is effective in treating deficiencies that can be taken everyday, some people prefer to take it only when they are feeling fatigued or need to concentrate and stay alert. Since B12 is a water-soluble vitamin, it's generally considered safe, even at high doses. No Tolerable Upper Intake Level (UL) has been established for B12, due to its low level of toxicity.

We advise people to check their B12 levels with a blood test regularly to make sure they are supplementing adequately.

Get advice from your medical practitioner on the correct dosage and length of the course it should be taken.

How long does it take to see results

The product works immediately because of high absorption, however you may not see results for weeks to months, however depending on deficiency and the individual. It can be common to feel results within 1hr of taking the dose, it's advisable to take B12 in the morning or at midday, it can keep some people awake. In general, we recommend keeping a log of your progress to monitor your results.

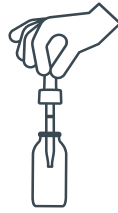


HOW TO TAKE HINNAO® METHYL B 12



STEP 1

Shake the bottle well for 30 seconds to ensure a consistent dose.



STEP 2

Squeeze the pipette to draw up recommended dose.



STEP 3

Place the product under your tongue.



STEP 4

Hold in your mouth for 60-90 seconds, then swallow.

POSITIVE BENEFITS TO WATCH FOR

Weight Loss

Vitamin B12 is one of the essential B vitamins that help support a healthy nervous system. B12 works by converting the food we eat into sugar and other types of fuel that keep the body running smoothly. B12 is often associated with weight loss because of its ability to boost metabolism and provide lasting energy.

Mental Focus Memory

By maintaining the nerve cells in the brain, vitamin B-12 is a major player when it comes to healthy brain function and things like memory and concentration.

Energy

Many customers have reported significant improvement in the reduction of skin blemishes and acne in particular.

Fitness

If you are deficient in B12 you will likely notice an energy spike, and overall alertness.

Thank you for reading and good luck with your wellness journey.

