



METHYLB12/FOLINIC ACID NASAL SPRAY:

BEFORE USING THIS MEDICINE:

* Inform your Doctor or Pharmacist if you are allergic to any prescription or non-prescription medicine; taking other medicines or have other medical problems; pregnant, planning a pregnancy, or breast feeding.

* Check with your Doctor, Pharmacists, if information in this leaflet causes you special concern or if you want additional information about your medicine and its use.

INGREDIENTS:

This medication contains: Methylcobalamin 12.5mg per 1ml AND Folinic Acid 1.0mg per 1ml
One spray contains: 1250mcg Methylcobalamin and 100mcg Folinic Acid

COMMON USE FOR THIS MEDICINE:

1. May assist in the treatment of conditions associated with attention, perception, learning, long/short term memory, speech.

Methyl B12 and Folinic Acid (active folate) are necessary for methylation hence regulation, of the methionine synthase (MS) pathway in the brain. This pathway (MS) when impaired and coupled with unreliable energy supplies allows neuronal firing that is out of sequence and not coordinated with other neurons that participate in processing the same information.

Proper methylation brings the firing of participating neurons into synchronisation ie 40hz. Proper Methylation of dopamine D4 receptors is linked to attention, perception and learning and also regulation of glutamate activity (excitatory) at NMDA receptors which is linked to memory, speech and a 'calming' effect.

2. Dosing via a nasal spray allows rapid (around 50 minutes for total) and extensive absorption of Methyl B12 to the brain where they can facilitate proper methylation of the MS pathway. It is easy to use and store and is not as invasive as a S.C. injection.

HOW TO USE THIS MEDICINE:

1. Dose unless directed otherwise: Adult - One spray into each nostril daily.
Child - One spray into ONE nostril daily. Alternate nostril.
2. Blow your nose gently.
3. Remove the dust cap
4. Close one nostril as shown and put the nozzle in the other nostril. Tilt your head forward slightly and keep the bottle upright.
5. Squirt a spray of fine mist into your nostril by pressing down firmly on the collar with your fingers. Repeat for other nostril.
6. Do not inhale through nostril on actuation of spray.
7. Use the medicine exactly as directed on the label unless instructed differently by your practitioner. DO NOT EXCEED recommended dosage.
8. After using the spray wipe the nozzle carefully with a clean tissue and replace the dust cap.

WHAT TO DO IF YOU MISS A DOSE:

Take when remembered unless time for next dose. No double doses.

HOW TO STORE THIS MEDICINE:

Keep in original closed container
Store between 4-8c in the fridge. Discard unneeded medicine. This nasal spray has a 90 day shelf life.

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