

## SulfoCLEAN®

Vitamin B complex with B12 as methylcobalamin, methylfolate and sulfur-containing natural products (MSM+wild garlic)

Dietary Supplement



For inner cleansing

**MSM and wild garlic promote the nutritional supply with sulfone, thiol and methyl groups, which are relevant for the body's natural detox metabolism.**

In particular the combined administration of vitamin B12, B6 and folic acid contributes to normal homocysteine metabolism. Elevated homocysteine values are being discussed with regard to unfavourable metabolic reactions, which are involved in an increased inflammability in the organism. An increasing number of experts consider a high homocysteine level as a factor for inflammation in the body. A functioning degradation of homocysteine protects the blood vessels and the cardiovascular system and supports the body-specific glutathione protein synthesis.

Furthermore, vitamin B12, B6 and folic acid contribute to a normal

- Energy metabolism (reduction of tiredness and fatigue),
- Immune system,
- Blood formation and
- Psychological function



### Use of SulfoCLEAN®

- for enhancing and supplementing of the daily nutrition
- in case of lack of energy, tiredness and fatigue
- for/with increased physical and mental performance
- for smokers, polluted occupational groups, while environmental pollution
- supporting during weight-loss and (regular) excretion cures

### Recommended intake

Take 1 capsule twice a day with good quality water, best at meals. For excretion cures or increased stresses double the amount.

Nutrients SulfoCLEAN®  
per 2 capsules (daily recommendation)

MSM	880 mg	--	
Wild garlic powder	220 mg	--	
Vitamin B6	14 mg		1,000 %
Folic acid (Vit. B9)	2,000 µg		1,000 %
Vitamin B12	1,000 µg		40,000 %

RDA: % of the Recommended Daily Amount

### A better metabolic availability by biologically activated vitamins

In SulfoCLEAN® we provide the biologically active forms methylcobalamin (B12), pyridoxal phosphate (B6) and methylfolate (B9). “Biologically active” means that the vitamins are already present in a physiological form, as they occur in the organism and fulfil their tasks there. Activated forms therefore have a better absorption and biological availability in the metabolism.

People with an almost vegetarian lifestyle have additional needs for biologically active forms since these are mainly contained in meat, in particular when also dairy products and eggs are avoided. However, elderly people whose metabolic functions often are slowed down can suffer easily from B12 or folic acid deficiency, since it is no longer absorbed sufficiently from the diet.

**Methylcobalamin** is one of the two bioactive coenzyme forms of vitamin B12, which are actually used by our organism. Only methylcobalamin and adenosylcobalamin have a direct effect on the metabolic processes - all other forms of vitamin B12 have to be converted by the body into these bioactive forms in order to be effective as coenzymes.

Compared to common cyanocobalamin, methylcobalamin shows a significantly better cellular uptake. Although the blood values for cyanocobalamin are initially even higher than for methylcobalamin. However, a large portion of the cyanocobalamin is excreted unused shortly thereafter, while methylcobalamin is transported directly to the cells and increases the cellular B12 level. Especially in the central nervous system, B12 is used for the function of the nervous system as well as the synthesis of neurotransmitters. Also, important are its functions for error-free cell division and DNA synthesis.

**Methylfolate** is the natural form of folic acid in the organism. Folic acid is a synthetic compound that does not have a vitamin function and does not exist in nature. Folic acid has to be converted into folate in the liver and thus biologically activated. However, the activation step does not always work due to reduced enzyme activity. When the body is supplied with folate as a biologically active coenzyme form, both uptake and bioavailability are much higher.

**Folate** (called folic acid) plays a key role in all growth and development processes of the cells, is actively involved in DNA replication and is particularly needed during pregnancy for the healthy development of the embryo. In combination with vitamin B12 and iron, folate contributes to the formation of blood, furthermore to the amino acid and protein synthesis and the function of the immune system.

**Pyridoxal phosphate** is the activated coenzyme form of vitamin B6 and occurs in this form also in nature. The water-soluble B-vitamin is involved in over 100 enzymatic reactions, especially in the amino acid and protein metabolism. As a coenzyme, it can primarily support neurotransmitter synthesis and thus provide an emotional balance. In addition, activated vitamin B6 has a positive effect on nervous and immune system functions.



### Sources of organic sulfur: MSM and wild garlic

**MSM (Methylsulfonylmethane)** is the organic sulfur form, which naturally occurs in all living organisms and is biologically active. Since antiquity, sulfur-containing sources have been used to promote health. Organically bound sulfur is an integral part of many proteins, hormones, enzymes, the cartilage substance and many other important compounds and structures in the body. In addition to calcium, potassium, magnesium, sodium and phosphorus, sulfur is one of the building elements in the body's structures. It is, after calcium and phosphorus, the third most abundant mineral; a human organism contains about 140-150 grams of sulfur.

Sulfur is a constituent of the scleroprotein collagen in the connective tissue, the red blood corpuscles, of muscles, skin, hair and nails (creatine). Sulfur is responsible for form and firmness in these tissues. Sulfur is involved in the formation of bile acids (fat digestion) and occurs in the B vitamins thiamine and biotin. The element sulfur is important for blood coagulation, the formation of insulin and the sulfur-containing amino acids taurine, methionine and cysteine.

Above all MSM is popular to maintain the function of the locomotor system. Organic sulfur is needed to nourish the cartilage mass in joints. A study published in 1995 found that the sulfur concentration in a cartilage attacked by arthritis is only one-third the concentration of a healthy cartilage.

Sulfur is also part of the glutathione, which is formed by the organism itself. Glutathione is the most important substance for the energy formation in the body cells and the most potent antioxidant, which captures free radicals that arise constantly in the cell metabolism.

MSM as organic sulfur form • Fig. above  
Too little sulphur concentration in arthrosis





Sulphur – component of glutathione.



Internal cleaning through natural sulphur compounds

Above all MSM and natural sulfur compounds from mustard oils (wild garlic, garlic, onions, radish, horseradish, leek, cabbage, mustard) support the internal cleansing. Organic sulfur promotes the permeability of cell membranes. This improves the nutrient uptake into the cells and – on the other hand – the disposal of toxins from the cells. Both, the glutathione but also the sulfone, thiol and methyl groups from organic sulfur compounds are required in many central metabolic processes and body's own detoxification processes (especially for the biotransformations I and II of toxic substances).

## Ingredients

MSM (Methylsulfonylmethane; 80%), wild garlic powder, capsule shell: cellulose, pyridoxal phosphate (vitamin B6), methylfolate (vitamin B9), methylcobalamin (vitamin B12)

## Content

60 capsules/38 g. Sufficient for 30 days.

SulfoCLEAN® can be obtained from:



Legal note: This product is for nutrition and therefore does not affect any Drug Act of any country. A good nutritional status can help the organism prevent or to overcome diseases. All statements describe characteristics and physiological effects, which can be different for consumers, and do not constitute a healing or health promise. Many of the claims used are evaluated by the European Food Safety Association (EFSA).

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