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*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Vitamin B-12 is a water-soluble vitamin necessary for the maintenance of a healthy nervous system and for the metabolic utilization of fats and proteins.* Vitamin B-12 is also essential for the synthesis of DNA during cell division and therefore is especially important for rapidly multiplying cells, such as blood cells.* In addition, adequate intake of Vitamin B-12, along with Folic Acid and Vitamin B-6, encourages healthy serum homocysteine levels, thereby supporting cardiovascular health.* Because Vitamin B-12 is found predominantly in animal products, strict vegetarians are at risk of developing Vitamin B-12 deficiency and may benefit from supplementation. This product is also formulated with the entire B-Complex family of vitamins, which work together to support cellular energy production.* Protocol For Life Balance™ Vitamin B-12 is vegetarian/vegan (non-animal derived).

SUGGESTED USAGE: Shake well before use. As a dietary supplement, in the morning, take 1 teaspoon, hold in mouth for 30 seconds, then swallow. 1 teaspoon (5 mL) is equivalent to about 5 half droppersful. **Refrigerate after opening to maximize freshness.**

PROTOCOL
FOR LIFE BALANCE™

Liquid B-12 5000 mcg

- 3 Forms of B-12 for Maximum Utilization
- Complete Liquid B-Complex

10% of profits donated for health research

Net 4 fl. oz. (118 mL)
A Dietary Supplement Vegetarian Formula



Supplement Facts

Serving Size 1 Teaspoon (5 mL)
Servings Per Container 23

	Amount Per Serving	% Daily Value
Calories	10	
Total Carbohydrate	2.5 g	< 1%*
Vitamin C (as Ascorbic Acid)	120 mg	200%
Vitamin B-1 (from Thiamine HCl)	3 mg	200%
Riboflavin (Vitamin B-2)	3.4 mg	200%
Vitamin B-3 (as Niacinamide)	50 mg	250%
Vitamin B-6 (from Pyridoxine HCl)	10 mg	500%
Folic Acid	800 mcg	200%
Vitamin B-12	5.0 mg (5,000 mcg)	83,330%
[as Cyanocobalamin (Co-enzyme Form) and Methylcobalamin (Co-enzyme Form) and Dibenzoyle (Co-enzyme Form)]		
Biotin	300 mcg	100%
Vitamin B-5 (from Calcium d-Pantothenate)	50 mg	500%
Certified Organic Stevia Extract (Leaf) 10 mg (<i>Stevia rebaudiana</i>) (min 80% Glucosylsteviosides)		†
Choline (from Choline Bitartrate)	5 mg	†
Inositol	5 mg	†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Other ingredients: De-ionized Water, Vegetable Glycerine, Xylitol, Brown Rice Syrup, Malic Acid, Natural Flavors, Potassium Sorbate (as preservative), Grapefruit Fiber and Cinnamon Bark Oil (Ceylon) (*Cinnamomum zeylanicum*).

Manufactured by NHG, P.O. Box 2203, Sparks, NV 89431

Made in the U.S.A. www.protocolforlife.com

Vegetarian/Vegan Product.

Contains no salt, yeast, wheat, gluten, soy, milk, egg or shellfish.