

ACTUAL
SIZE

V2

CODE 0462

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

Manufactured by NOW FOODS

BLOOMINGDALE, IL 60108

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

12 deficiency and may benefit from supplementation.*

Vitamin B-12 (Cyanocobalamin) 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.*

SUGGESTED USAGE: As a dietary supplement, take one lozenge daily. Chew lozenge or hold in mouth until dissolved. Consider taking this product in combination with NOW® B-Complex, Folic Acid, B-6 and TMG.



B-12

NERVOUS SYSTEM HEALTH

5000 mcg

- Essential for DNA Synthesis*
- With 400 mcg Folic Acid

60 Lozenges

A Dietary Supplement
Vegetarian Formula



Supplement Facts

Serving Size 1 Lozenge

	Amount Per Serving	% Daily Value
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	5.0 mg (5,000 mcg)	83,333%

Other Ingredients: Fructose, Sorbitol, Cellulose, Stearic Acid (vegetable source), Citric Acid, Natural Flavors, Silica and Soy Lecithin.

The B-12 content is derived by natural fermentation.

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

Vegetarian/Vegan Product

Do Not Eat Freshness Packet. Keep in Bottle.

Store in a cool, dry place. Please Recycle.