

CODE 0465B

V4



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

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

B-12 is vegetarian/vegan (non-animal derived).

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.* NOW® Vitamin B-12 is vegetarian/vegan (non-animal derived).

after opening to maximize freshness.

SUGGESTED USAGE: Shake well before use. As a dietary supplement, in the morning, take a 1/4 teaspoon, hold in mouth for 30 seconds, then swallow. Consider taking this product in combination with NOW® B-Complex, Folic Acid and TMG. **Refrigerate**

IMPROVED
FLAVOR!!

Liquid B-12

NERVOUS SYSTEM HEALTH

B-Complex

Essential For DNA Synthesis*

Net 8 fl. oz. (237 mL)

A Dietary Supplement
Vegetarian Formula



Supplement Facts

Serving Size 1/4 Teaspoon (1.2 mL) Servings Per Container 197

	Amount Per Serving	% Daily Value
Vitamin C (as Ascorbic Acid)	20 mg	33%
Thiamine (from Thiamine HCl) (Vit. B-1)	0.6 mg	40%
Riboflavin (Vitamin B-2)	1.7 mg	100%
Niacin (as Niacinamide) (Flush-Free)	20 mg	100%
Vitamin B-6 (from Pyridoxine HCl)	2 mg	100%
Folic Acid	200 mcg	50%
Vitamin B-12 (as Cyanocobalamin)**	1.0 mg (1,000 mcg)	16,667%
Pantothenic Acid (Vitamin B-5)	30 mg	300%
<i>Stevia rebaudiana</i> Extract (min. 80% Rebaudioside-A)	2 mg	†

† Daily Value not established.

Other ingredients: Distilled Water, Vegetable Glycerine, Xylitol, Barley Malt, Malic Acid, Potassium Sorbate (as preservative), Natural Vanilla Flavor, Natural Peppermint Flavor, Ginger Root (*Zingiber officinale*), Grapefruit Fiber and Cinnamon Bark Oil (Ceylon) (*Cinnamomum zeylanicum*).

Manufactured by NOW FOODS, 395 S. Glen Ellyn Rd.

Bloomington, IL 60108 Made in the U.S.A. www.nowfoods.com

This B-12 amount is equivalent to the normal injectable B-12 dose. There are no known toxic levels of B-12. Contains no additives or alcohol. **Vegetarian/Vegan Product.