

ACTUAL
SIZE

CODE 0466 V2

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B-12

NERVOUS SYSTEM HEALTH

1000 mcg

- Essential for DNA Synthesis*
- with Folic Acid

100 Lozenges

A Dietary Supplement
Vegetarian Formula



Supplement Facts

Serving Size 1 Lozenge

	Amount Per Serving	% Daily Value
Folic Acid	100 mcg	25%
Vitamin B-12 (as Cyanocobalamin)	1.0 mg (1,000 mcg)	16,667%

Other ingredients: Fructose, Cellulose, Cellulose, Sorbitol, Stearic Acid (vegetable source), Natural Strawberry Flavor, Natural Fruit Punch Flavor, Magnesium Stearate (vegetable source) and Silica.

Manufactured by NOW FOODS

395 S. Glen Ellyn Rd., Bloomingdale, IL 60108

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

The B-12 content is derived by natural fermentation.

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

Do Not Eat Freshness Packet. Keep in Bottle.

Store in a cool, dry place. Please Recycle.

Vegetarian/Vegan Product

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.

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).

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