CODE 0468

V2

ACTUAL SIZE

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

SUGGESTED USAGE: As a dietary supplement, take 1 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).

NOW®

B-12

NERVOUS SYSTEM HEALTH

1000 mcg

- Essential for DNA Synthesis*
- with Folic Acid

250 Lozenges

A Dietary Supplement
Vegetarian Formula

QUALITY GMP ASSURED

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, 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, yeast, wheat, gluten, soy, milk, egg, shellfish or preservatives.

Vegetarian/Vegan Product.

Do Not Eat Freshness Packet. Keep in Bottle.

Store in a cool, dry place. Please Recycle