

TABLET
SIZE

CODE 0493 VI

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Made in the USA

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

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

SUGGESTED USAGE: As a dietary supplement, take 1 lozenge daily. Chew lozenge or hold in mouth until dissolved and swallow.



Methyl B-12

SUPPORTS COGNITIVE FUNCTION*

5000 mcg
with Folic Acid
120 Lozenges
A Dietary Supplement
Vegetarian/Vegan



Supplement Facts

Serving Size 1 Lozenge

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

Other ingredients: Fructose, Sorbitol, Cellulose, Citric Acid, Stearic Acid (vegetable source), Natural Flavors and Magnesium Stearate (vegetable source).

Manufactured by NOW FOODS

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

For more product information visit www.nowfoods.com/0493

Do Not Eat Freshness Packet. Keep in Bottle.

Store in a cool, dry place after opening. Please Recycle.

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