

ACTUAL  
SIZE

CODE 0495

V4



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

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.\*

**SUGGESTED USAGE:** As a dietary supplement, take 1 lozenge 1 to 2 times daily. Chew lozenge or hold in mouth until dissolved and swallow. Consider taking this product in combination with NOW® B-Complex, Folic Acid, B-6 and TMG.



# Methyl B-12

**SUPPORTS COGNITIVE FUNCTION\***

**1000 mcg**  
**Methylcobalamin**  
**100 Lozenges**

A Dietary Supplement  
Vegetarian Formula



## Supplement Facts

Serving Size 1 Lozenge

|                                      | Amount<br>Per Serving | % Daily<br>Value |
|--------------------------------------|-----------------------|------------------|
| Vitamin B-12<br>(as Methylcobalamin) | 1.0 mg (1,000 mcg)    | 16,667%          |

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

Manufactured by NOW FOODS

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

Made in the U.S.A. [www.nowfoods.com](http://www.nowfoods.com)

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

**Vegetarian/Vegan Product.**

**Do Not Eat Freshness Packet. Keep in Bottle.**

Store in a cool, dry place. Please Recycle.