

ACTUAL
SIZE

V5

CODE 0496B



*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. * 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. Consider taking this product in combination with NOW® B-Complex, B-6 and TMG.



Methyl B-12

SUPPORTS COGNITIVE FUNCTION*

**5000 mcg
with Folic Acid
60 Lozenges**
A Dietary Supplement
Vegetarian Formula



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., Bloomington, IL 60108

Made in the U.S.A. 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.