

Manufactured by:  
**NOW FOODS**  
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CODE 3910

V2

**SUGGESTED USAGE:** Shake well before use. As a dietary supplement, spray 1 time under tongue, hold for 20 seconds and then swallow. Consume 1 to 2 times daily.

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. TMG works along with Folic Acid, B-6, and B-12 in the metabolism of homocysteine.\*



# B-12

**CARDIOVASCULAR HEALTH**

## Liposomal Spray

1000 mcg/spray

- With Folic Acid, TMG and B-6
- Supports Healthy Homocysteine Levels
- Nerve Stability and Energy\*

**Net Contents 2 fl. oz. (60 mL)**

A Dietary Supplement    Vegetarian Formula

### Supplement Facts

Serving Size 1 Spray (~0.7 mL)    Servings Per Container ~80

|                                                    | Amount<br>Per Serving | % Daily<br>Value |
|----------------------------------------------------|-----------------------|------------------|
| Vitamin B-6 (as Pyridoxine HCl)                    | 5 mg                  | 250%             |
| Folic Acid                                         | 400 mcg               | 100%             |
| Vitamin B-12 (as Cyanocobalamin)                   | 1.0 mg (1,000 mcg)    | 16,667%          |
| Trimethylglycine (as Betaine)                      | 100 mg                | †                |
| Stevia Extract ( <i>Stevia rebaudiana</i> ) (Leaf) | 3.5 mg                | †                |
| † Daily Value not established.                     |                       |                  |

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

Other ingredients: De-ionized Water, Fructose, Natural Raspberry Flavor, Citric Acid, Phospholipids (soy) and Potassium Sorbate.    Vegetarian/Vegan Product. Contains no salt, yeast, wheat, gluten, milk, egg or shellfish.