

Suggested Usage: Shake well. In the morning, take a 1/4 teaspoon, hold in mouth for 30 seconds, then swallow. Take with a meal.

REFRIGERATE AFTER OPENING TO MAXIMIZE FRESHNESS.

Not manufactured with wheat, gluten, soy, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens. Contains no alcohol.

***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.**

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children. Contains Xylitol, which is harmful to pets.

Manufactured & Quality Tested by NOW FOODS
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CODE 0464CP v8



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Liquid B-12 B-Complex

Nervous System Health*

Essential for Energy Production*

2 FL. OZ. (59 mL)



A Dietary Supplement Vegetarian/Vegan



Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 1/4 tsp (approx. 1 mL) Servings about 59

	Amount Per Serving	% Daily Value
Vitamin C (as Ascorbic Acid)	20 mg	22%
Thiamin (from Thiamin HCl) (Vitamin B-1)	0.6 mg	50%
Riboflavin (Vitamin B-2)	1.7 mg	131%
Niacin (as Niacinamide) (Flush-Free)	20 mg	125%
Vitamin B-6 (from Pyridoxine HCl)	2 mg	118%
Folate	333 mcg DFE (200 mcg folic acid)	83%
Vitamin B-12 (as Cyanocobalamin)**	1 mg (1,000 mcg)	41,667%
Pantothenic Acid (from Calcium Pantothenate)	30 mg	600%
Stevia Extract (Leaf)	2 mg	†

† Daily Value not established.

Other ingredients: De-ionized Water, Glycerin, Xylitol, Malic Acid, Natural Flavors, Potassium Sorbate (as preservative), Ginger Root, Grapefruit Fiber and Cinnamon Bark Oil.

**This B-12 amount is equivalent to the normal injectable B-12 dose. There are no known toxic levels of B-12.