

INSTANT ENERGY B₁₂

- B-Complex, Chromium, and Creatine
- Three forms of B-12 totaling 2,000 mcg
- Vegetarian/Vegan

Not labeled for individual sale L39142 v2



Since 1968 NOW has been committed to providing high quality, affordable natural products, dietary supplements and personal care products. No compromises, no added costs, no unnecessary frills.

NOW Vitamin B-12 Instant Energy makes it easier than ever to get the B-vitamins your body needs in order to stay sharp, focused and well-fueled. Each convenient packet contains a total of 2,000 mcg (from three forms) of B-12, along with other vital nutrients that can help keep you at the top of your game, every day!

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



INSTANT ENERGY B₁₂

Cellular Energy Boost*

- 2,000 mcg of B-12
- With B-Complex, Chromium and Creatine
- Three forms of B-12, including Co-enzymes
- Stay alert and sharp*
- On-the-go cellular energy*

75 PACKETS
NET WT. 2.65 OZ. (75 g)

A Dietary Supplement
Vegetarian/Vegan



Supplement Facts

Serving Size 1 Packet (1 g)
Servings Per Container 75

	Amount Per Serving	% Daily Value
Thiamin (from Thiamin HCl)	1.5 mg	125%
Riboflavin (Vitamin B-2)	1.7 mg	131%
Niacin (Vitamin B-3) (as Niacinamide)	20 mg	125%
Vitamin B-6 (from Pyridoxine HCl)	2 mg	118%
Folate (400 mcg folic acid)	800 mcg DFE	200%
Vitamin B-12 [as Cyanocobalamin, Methylcobalamin (Co-enzyme Form) and Dibenzoyl (Co-enzyme Form)]	2 mg (2,000 mcg)	83,333%
Pantothenic Acid (Vitamin B-5) (from Calcium Pantothenate)	30 mg	600%
Chromium (from Chromium Picolinate)	60 mcg	171%
Creatine Monohydrate	250 mg	†

† Daily Value not established.

Other ingredients: Xylitol, Rice Maltodextrin, Citric Acid, Natural Citrus Flavors and Silicon Dioxide.

Contains soy.

Manufactured & Quality Tested by NOW FOODS
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA
nowfoods.com

Not manufactured with wheat, gluten, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

SUGGESTED USE: Take one packet daily. Mix in water, juice or your favorite beverage, or consume directly.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, especially prescription medications affecting kidney function, or have a medical condition, including impaired kidney function. Keep out of reach of children.

Contains Xylitol, which is harmful to pets.

Store in a cool, dry place after opening.

This carton is made from 100% recyclable material.

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