

**Suggested Usage:** Take 1 lozenge daily with a meal. Chew lozenge or hold in mouth until dissolved and swallow.

Vitamin B-12 is necessary for the production of energy from fats and proteins and is well known for its critical role in DNA synthesis, as well as in homocysteine metabolism.\* Methylcobalamin is the co-enzyme form of vitamin B-12 that has been found to be especially critical in the maintenance of a healthy nervous system.\* Dietary sources are almost exclusively of animal origin (meat and dairy) and supplementation with B-12 may be especially important for strict vegetarians. NOW® Methyl B-12 is vegetarian/vegan (non-animal derived).

\*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.

CODE 0493C V3

LOZENGE  
SIZE



# Methyl B-12

## 5,000 mcg

### Nervous System Health\*

- Essential for Energy Production\*
- Methylcobalamin plus Folic Acid

## 120 Lozenges

A Dietary Supplement    Vegetarian/Vegan



**Vitamins**

*Family owned since 1968.*

## Supplement Facts

Serving Size 1 Lozenge

|                                      | Amount<br>Per Serving               | % Daily<br>Value |
|--------------------------------------|-------------------------------------|------------------|
| Folate                               | 667 mcg DFE<br>(400 mcg folic acid) | 167%             |
| Vitamin B-12<br>(as Methylcobalamin) | 5 mg (5,000 mcg)                    | 208,333%         |

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

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

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

