

Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 1 Lozenge

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

Other ingredients: Fructose, Sorbitol, Microcrystalline Cellulose, Stearic Acid (vegetable source), Citric Acid, Natural Flavors, Silicon Dioxide and Soy Lecithin.

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.

Natural color variation may occur in this product.



B-12

5,000 mcg

Nervous System Health*

•Essential for Energy Production*

•With Folic Acid

60 Lozenges

A Dietary Supplement Vegetarian/Vegan



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

Vitamin B-12 (cyanocobalamin) is a water soluble vitamin necessary for the maintenance of a healthy nervous system and for the production of energy from 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, is critical for the conversion of homocysteine to methionine, thereby supporting a healthy cardiovascular system.* While B-12 is stored in the liver, dietary sources are of animal origin only (meat and dairy). Therefore, supplementation with B-12 may be especially important for strict vegetarians.

*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.

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