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

REFRIGERATE AFTER OPENING TO MAXIMIZE FRESHNESS.

Vitamin B-12 has the largest and most complex chemical structure of all the vitamins. It is a water-soluble vitamin with a key role in the normal functioning of the brain and nervous system, as well as in the metabolic utilization of fats and proteins and the cellular production of energy.* Vitamin B-12 is also essential for proper red blood cell production, homocysteine metabolism, and the maintenance of a healthy gastrointestinal tract.* NOW® Vitamin B-12 is appropriate for vegetarians/vegans (non-animal derived), who are at higher risk of developing vitamin B-12 deficiency.

***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.

Natural color variation may occur in this product.

CODE 0454C V7

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NOW®

Pleasant Tasting!!

Ultra B-12

5,000 mcg of B-12 per Teaspoon

Cellular Energy Boost*

- 3 Forms of B-12 for Maximum Utilization
- Complete Liquid B-Complex
- 800 mcg Folic Acid

16 FL. OZ. (473 mL)

A Dietary Supplement Vegetarian/Vegan

Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 1 Teaspoon (5 mL)
Servings Per Container about 95

	Amount Per Serving	% Daily Value
Calories	10	
Total Carbohydrate	3 g	1%**
Thiamin (Vitamin B-1) (from Thiamin HCl)	3 mg	250%
Riboflavin (Vitamin B-2)	3.4 mg	262%
Niacin (Vitamin B-3) (as Niacinamide)	50 mg	313%
Vitamin B-6 (from Pyridoxine HCl)	10 mg	588%
Folate	1,333 mcg DFE (800 mcg folic acid)	333%
Vitamin B-12 [as Cyanocobalamin, Methylcobalamin (Co-enzyme Form) and Dibencozide (Co-enzyme Form)]	5 mg (5,000 mcg)	208,333%
Biotin	300 mcg	1000%
Pantothenic Acid (Vitamin B-5) (from Calcium Pantothenate)	50 mg	1000%

** Percent Daily Values are based on a 2,000 calorie diet.

Other ingredients: De-ionized Water, Vegetable Glycerin, Xylitol, Malic Acid, Natural Flavors, Organic Stevia Leaf Extract (Enzyme-Modified Steviol Glycosides), Potassium Sorbate (as preservative), Choline Bitartrate, Inositol, Grapefruit Fiber and Cinnamon Bark Oil.

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 or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.