

Suggested Usage: Shake well before use.
 Spray 1 time under tongue, hold for 20 seconds and then swallow. Consume 1 to 2 times daily.

Vitamin B-12 (cyanocobalamin) is a water soluble vitamin necessary for the maintenance of a healthy nervous system and for the metabolic utilization of fats and proteins.*

*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.

7



CODE 3910C V4



1



Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 1 Spray (~0.7 mL)
 Servings Per Container ~84

	Amount Per Serving	% Daily Value
Vitamin B-6 (from Pyridoxine HCl)	5 mg	294%
Folate (400 mcg folic acid)	800 mcg DFE	200%
Vitamin B-12 (as Cyanocobalamin)	1 mg (1,000 mcg)	41,667%
Trimethylglycine (TMG) (as Betaine)	100 mg	†

† Daily Value not established.

Other ingredients: De-ionized Water, Fructose, Natural Raspberry Flavor, Citric Acid, Phospholipids (soy), Organic Stevia Leaf Extract (Enzyme-Modified Steviol Glycosides) and Potassium Sorbate (as preservative).

Manufactured & Quality Tested by:
 NOW FOODS, 395 S. Glen Ellyn Rd.

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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.