

Suggested Usage: Take 1 capsule daily.

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.

Natural color variation may occur in this product.

CAPSULE SIZE

CODE 0505 V1



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Methyl B-12

5,000 mcg

Nervous System Health*

Essential for Energy Production*

- Methylcobalamin
- Hypoallergenic

90 Veg Capsules

A Dietary Supplement Vegetarian/Vegan



Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 1 Veg Capsule

	Amount Per Serving	% Daily Value
Vitamin B-12 (as Methylcobalamin)	5 mg (5,000 mcg)	208,333%

Other ingredients: Rice Flour, Microcrystalline Cellulose, Hypromellose (cellulose capsule), Stearic Acid (vegetable source) and Silicon Dioxide.

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

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

Store in a cool, dry place after opening.

