Supplement Facts

Serving Size 1 Tube (15 mL) Servings Per Container 12

	Amount Per Serving	% Daily Value
Calories	30	
Total Carbohydrate	8 g	3%*
Sugars	0 g	†
Thiamin (from Thiamin HCl) (Vitamin B-1)	3 mg	200%
Riboflavin (Vitamin B-2) (from Riboflavin-5-Phosphate Sodium)	3.4 mg	200%
Niacin (as Niacinamide) (Vitamin B-3)	50 mg	250%
Vitamin B-6 (from Pyridoxine HCl)	10 mg	500%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	**10 mg (10,000 mcg)**	**166,667%**
Biotin	300 mcg	100%
Pantothenic Acid (from Calcium Pantothenate)	50 mg	500%
Choline (from Choline Bitartrate)	5 mg	†
Inositol	5 mg	†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Other ingredients: De-ionized Water, Vegetable Glycerin, Natural Berry and Cherry Flavors, Malic Acid, Xylitol, Potassium Sorbate (as preservative) and Natural French Vanilla Flavor.

Formulated & Distributed by NOW FOODS
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA
For more product information visit www.nowfoods.com/0453

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.

SUGGESTED USAGE: Shake plastic tube before using. Snap top off of tube and squeeze liquid contents into mouth and swallow. Take 1 tube daily, preferably in the morning. Please recycle plastic tube.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children. Contains Xylitol, do not feed to pets.

B-12 10,000 mcg Energy Boost

Looking to jump-start your day with a burst of natural energy? NOW® B-12 Shot contains a powerful blend of Vitamin B-12 and other effective nutrients for energy utilization! With a complete B Vitamin profile, and an energizing 10,000 mcg blast of Vitamin B-12, this advanced energy formula will keep you at the top of your game!

We've carefully formulated the nutrient profile in NOW® B-12 10,000 mcg Energy Boost to work synergistically, in order to keep you sharp, focused, and naturally fired-up for hours!*

To get the most out of your training and active lifestyle, be sure to also try NOW® L-Carnitine 2,000 Shot!

***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.**

Store in a cool, dry place. Please Recycle. This carton is made from 100% Recyclable Material.

NOW SHOTS™

Nutrition for Optimal Wellness™

NOW SHOTS™

B-12 10,000 mcg

energy boost*

mixed berry

12 : 15 mL (0.5 fl. oz.) Shots

A Dietary Supplement Vegetarian/Vegan

These potent liquid shots are perfect for working out, important meetings, that big test, or wherever life requires you to be at your best!

- ***Explosive, Long-Lasting Energy****
- ***Provides a Full Spectrum of B-Vitamins***
- ***Sugar Free, Sweetened with Xylitol***
- ***No Artificial Colors or Flavors***
- ***Refreshing, Natural Blend of Raspberry, Strawberry and Cherry Flavors***

NOW *Nutrition for Optimal Wellness™*

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