



Pleasant
Tasting!!

Ultra B-12

CELLULAR ENERGY BOOST*

5,000 mcg of B-12 per Teaspoon

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

Net 16 fl. oz. (473 mL)

A Dietary Supplement Vegetarian/Vegan



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%*
Vitamin C (as Ascorbic Acid)	120 mg	200%
Thiamin (Vitamin B-1) (from Thiamin HCl)	3 mg	200%
Riboflavin (Vitamin B-2)	3.4 mg	200%
Niacin (Vitamin B-3) (as Niacinamide)	50 mg	250%
Vitamin B-6 (from Pyridoxine HCl)	10 mg	500%
Folate (as Folic Acid)	800 mcg	200%
Vitamin B-12 [as Cyanocobalamin, Methylcobalamin (Co-enzyme Form) and Dibenzoside (Co-enzyme Form)]	5 mg (5,000 mcg)	83,333%
Biotin	300 mcg	100%
Pantothenic Acid (Vitamin B-5) (from Calcium Pantothenate)	50 mg	500%

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

Other ingredients: De-ionized Water, Vegetable Glycerin, Xylitol, Brown Rice Syrup, Malic Acid, Choline Bitartrate, Organic Stevia Extract (Leaf), Natural Flavors, Inositol, Potassium Sorbate (as preservative), Grapefruit Fiber and Cinnamon Bark Oil (Ceylon) (*Cinnamomum zeylanicum*).

Manufactured by NOW FOODS

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For more product information visit www.nowfoods.com/0454

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.

SUGGESTED USAGE: Shake well before use. As a dietary supplement, in the morning, take 1 teaspoon, hold in mouth for 30 seconds, then swallow. 1 teaspoon (5 mL) is equivalent to about 5 half dropperfuls. Refrigerate after opening to maximize freshness.

Vitamin B-12 is a water-soluble vitamin necessary for the maintenance of a healthy nervous system and for the metabolic utilization of 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 red blood cells. In addition, adequate intake of Vitamin B-12, along with Folic Acid and Vitamin B-6, encourages healthy serum homocysteine levels, thereby supporting cardiovascular health. Because Vitamin B-12 is found predominantly in animal products, strict vegetarians are at risk of developing Vitamin B-12 deficiency and may benefit from supplementation. NOW® Ultra B-12 is also formulated with the entire B-Complex family of vitamins, which work together to support cellular energy production.* NOW® Vitamin B-12 is vegetarian/vegan (non-ferment 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. Contains Xylitol, do not feed to pets.

Made in the USA



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