

INSTANT ENERGY B₁₂

2000 mcg of B-12 per Packet

NOW® Vitamin B-12 Instant Energy is the perfect way to keep alert and energized, regardless of the situation. These convenient, fast-acting packets are perfect when travelling or for convenience.

Who needs NOW® B-12 Instant Energy?

- Busy professionals and parents
- Students
- Physically active individuals
- Competitive athletes
- Vegetarians
- Anyone in need of an instant boost!

As lives get busier, so does the body's demand for the right mix of energy and mood supporting nutrients. NOW® B-12 Instant Energy combines three forms of B-12 for maximum utilization by the body. This perfectly balanced formula takes the guesswork out of staying well fueled by providing a mix of the most beneficial compounds in one easy-to-use formula. With additional nutrients such as Chromium, Creatine and six other B-Vitamins, NOW® B-12 Instant Energy can give you the spark you need, no matter where life takes you.*

*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.

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Since 1968 NOW has been committed to providing high quality, affordable natural foods, dietary supplements and personal care products. No compromises, no added costs, no unnecessary frills.

NOW® Vitamin B-12 Instant Energy makes it easier than ever to get the B-12 your body needs in order to stay sharp, focused and well-fueled throughout each busy day. Each convenient packet contains a total of 2000 mcg (from three forms) of fast-acting B-12, along with other vital nutrients that can help keep you at the top of your game, everyday!*



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- Convenient and fast-acting
- B-Complex, Chromium, and Creatine
- Three forms of B-12 including Co-Enzymes
- Stay alert and sharp, in every situation
- An instant source of on-the-go energy, when you need it most!*

75 Packets

A Dietary Supplement Vegetarian/Vegan Net Wt. 2.65 oz. (75 g)

INSTANT ENERGY B₁₂

- Convenient and fast-acting
- B-Complex, Chromium, and Creatine
- Three forms of B-12 totaling 2,000 mcg

A Dietary Supplement Vegetarian/Vegan



Supplement Facts

Serving Size 1 Packet (1 g)
Amount Per Serving
Thiamin (from Thiamin HCl) 1.5 mg (100% DV)
Riboflavin (Vitamin B-2) 1.7 mg (100% DV)
Niacin (Vitamin B-3) (as Nicotinamide) 20 mg (100% DV)
Vitamin B-6 (from Pyridoxine HCl) 2 mg (100% DV)
Folate (as Folic Acid) 400 mcg (100% DV)
Vitamin B-12 2 mg (2,000 mcg) (33,333% DV)
[as Cyanocobalamin, Methylcobalamin (Co-enzyme Form) and Hydroxycobalamin (Co-enzyme Form)]
Pantothenic Acid (Vitamin B-5) 30 mg (300% DV)
Chromium (from Chromium Picolinate) 60 mcg (50% DV)
Creatine Monohydrate 200 mg (2)

Other Ingredients: Xylitol, Rice Maltodextrin, Citric Acid, Cellulose, Natural Citrus Flavors and Silica. Contains soy.

NET WT. 0.035 oz. (1 g)

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Pantothenic Acid (Vitamin B-5) 30 mg (300% DV)
Chromium (from Chromium Picolinate) 60 mcg (50% DV)
Creatine Monohydrate 200 mg (2)

	Amount Per Serving	% Daily Value
Thiamin (from Thiamin HCl)	1.5 mg	100%
Riboflavin (Vitamin B-2)	1.7 mg	100%
Niacin (Vitamin B-3) (as Nicotinamide)	20 mg	100%
Vitamin B-6 (from Pyridoxine HCl)	2 mg	100%
Folate (as Folic Acid)	400 mcg	100%
Vitamin B-12	2 mg (2,000 mcg)	33,333%
[as Cyanocobalamin, Methylcobalamin (Co-enzyme Form) and Hydroxycobalamin (Co-enzyme Form)]		
Pantothenic Acid (Vitamin B-5)	30 mg	300%
(from D-Calcium Pantothenate)		
Chromium (from Chromium Picolinate)	60 mcg	50%
Creatine Monohydrate	200 mg	2

*Daily Value not established.

Other Ingredients: Xylitol, Rice Maltodextrin, Citric Acid, Cellulose, Natural Citrus Flavors and Silica.

Contains soy.

Manufactured by NOW FOODS
395 S. Glen Dlyn Rd., Bloomington, IL 61709, USA
For more product information:
visit: www.nowfoods.com/0407

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 USE: As a dietary supplement, take one packet daily. Mix in water, juice or your favorite beverage, or consume directly.

Caution: For adults only. Consult physician if pregnant, nursing, taking medication, or have a medical condition. If you have impaired kidney function or are taking any prescription medications that affect kidney function, consult your physician. Keep out of reach of children. Contains Xylitol, do not feed to pets.

Store in a cool, dry place. Please Recycle.

This carton is made from 100% Recyclable Material.

CODE 0497 VS

