

TABLET
SIZE

CODE 0501



Made in the USA

Contains Xylitol, do not feed to pets.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children. Do Not Eat Freshness Packets. Keep in Bottle.

(non-animal derived).*

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).*

SUGGESTED USAGE: As a dietary supplement, take 1 lozenge daily. Chew lozenge or hold in mouth until dissolved and swallow. Consider taking these other NOW® products: Folic Acid, B-6 and TMG.



Methyl B-12

NERVOUS SYSTEM HEALTH*

**10,000 mcg
Methylcobalamin
60 Lozenges**

A Dietary Supplement
Vegetarian/Vegan



Supplement Facts

Serving Size 1 Lozenge

	Amount Per Serving	% Daily Value
Vitamin B-12 (as Methylcobalamin)	10 mcg (10,000 mcg)	166,667%

Other ingredients: Xylitol, Sorbitol, Cellulose, Citric Acid, Stearic Acid (vegetable source) and Natural Flavors.

Manufactured by NOW FOODS

395 S. Glen Ellyn Rd., Bloomington, IL 60108, USA

For more information visit www.nowfoods.com/0501

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.

Store in a cool, dry place after opening. Please Recycle.

*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.