

Supplement Facts

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

	Amount Per Serving	% Daily Value
Calories	35	
Total Carbohydrate	9 g	3%*
Sugars	0 g	†
Sugar Alcohol (as Xylitol)	1 g	†
Vitamin C (as Ascorbic Acid)	100 mg	167%
Vitamin B-1 (from Thiamine HCl)	3 mg	200%
Riboflavin (Vitamin B-2)	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 Glycerine, Xylitol, Natural Berry and Cherry Flavors, Malic Acid, Potassium Sorbate (as preservative) and Natural French Vanilla Flavor.

Distributed by NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108 Made in the U.S.A. www.nowfoods.com

Contains no salt, yeast, wheat, gluten, soy, milk, egg or shellfish. **Vegetarian/Vegan Product.**

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.

B-12 10,000 mcg Energy Boost

Looking to jump-start your day with a burst of natural energy? NOW® B-12 contains a powerful blend of Vitamin B-12, along with ten of the most effective nutrients for energy utilization! With a complete B Vitamin profile, added Vitamin C, 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 try NOW's other high octane energy shots, including L-Carnitine 2,000 and ChocoEnergy™!

*These statements have not been evaluated by the FDA. 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.



SHOTS™

B-12 10,000 mcg

energy boost*

mixed berry

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

A Dietary Supplement / Vegetarian Formula

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 and Supporting Nutrients**
- **Sugar Free, Sweetened with Xylitol**
- **No Artificial Colors or Flavors**
- **Refreshing, Natural Blend of Raspberry, Strawberry and Cherry Flavors**



Nutrition for Optimal Wellness SM

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