

**Suggested Usage:** Take 1 lozenge daily with a meal. Chew lozenge or hold in mouth until dissolved and swallow.

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).

\*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.



CODE 0493D V4



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# Methyl B-12

## 5,000 mcg

**Nervous System Health\***

- Essential for Energy Production\*
  - Methylcobalamin plus Folate
- ## 120 Lozenges

A Dietary Supplement Vegetarian/Vegan



Vitamins

Family owned since 1968.

## Supplement Facts

Serving Size 1 Lozenge

	Amount Per Serving	% Daily Value
Folate	680 mcg DFE [400 mcg (6S)-5-MTHF**] [from Quatrefolic® (6S)-5-MTHF** Glucosamine Salt]	170%
Vitamin B-12 (as Methylcobalamin)	5 mg (5,000 mcg)	208,333%

Other ingredients: Fructose, Sorbitol, Hydroxypropyl Cellulose, Microcrystalline Cellulose, Citric Acid, Stearic Acid (vegetable source), Natural Flavors and Magnesium Stearate (vegetable source).

Manufactured & Quality Tested by NOW FOODS  
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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. Quatrefolic® is a registered trademark of Gnosis S.p.A. and protected by U.S. Patent 7,947,662.

\*\*MTHF = Methyltetrahydrofolate

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