

INSTANT ENERGY B₁₂

NOW® Vitamin B-12 Instant Energy is the perfect way to keep alert and energized - anytime, anywhere.* These convenient packets are perfect for purse, pocket and while traveling.

Who needs NOW® B-12 Instant Energy?

- Women
- Seniors
- Vegetarians
- Physically active individuals
- Competitive athletes
- Busy professionals and parents
- Students
- Anyone in need of an energy boost!*

NOW® Vitamin B-12 Instant Energy perfectly responds to the body's demand for the right mix of cellular 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 offering a mix of indispensable nutrients 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.*

INSTANT ENERGY B₁₂



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-vitamins your body needs in order to stay sharp, focused and well-fueled.* Each convenient packet contains a total of 2,000 mcg (from three forms) of B-12, along with other vital nutrients that can help keep you at the top of your game, every day!*

*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.



INSTANT ENERGY B₁₂

Cellular Energy Boost*

- 2,000 mcg of B-12
- With B-Complex, Chromium and Creatine
- Three forms of B-12, including Co-enzymes
- Stay alert and sharp*
- On-the-go cellular energy*

75 PACKETS
NET WT. 2.65 OZ. (75 g)

A Dietary Supplement
Vegetarian/Vegan



Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 1 Packet (1 g)
Servings Per Container 75

	Amount Per Serving	% Daily Value
Thiamin (from Thiamin HCl)	1.5 mg	125%
Riboflavin (Vitamin B-2)	1.7 mg	131%
Niacin (Vitamin B-3) (as Niacinamide)	20 mg	125%
Vitamin B-6 (from Pyridoxine HCl)	2 mg	118%
Folate (400 mcg folic acid)	680 mcg DFE	170%
Vitamin B-12 (as Cyanocobalamin, Methylcobalamin (Co-enzyme Form) and Dibencozide (Co-enzyme Form))	2 mg (2,000 mcg)	83,333%
Pantothenic Acid (Vitamin B-5) (from Calcium Pantothenate)	30 mg	600%
Chromium (from Chromium Picolinate)	60 mcg	171%
Creatine Monohydrate	250 mg	†

† Daily Value not established.

Other ingredients: Xylitol, Rice Maltodextrin, Citric Acid, Natural Citrus Flavors and Silicon Dioxide.

NOW FOODS, 395 S. Glen Elyn Rd.
Bloomington, IL 61708, USA nowfoods.com

Made and quality tested in the USA with globally sourced ingredients.

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish, tree nut or sesame ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

SUGGESTED USE: 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, especially prescription medications affecting kidney function, or have a medical condition, including impaired kidney function. Keep out of reach of children.

Contains Xylitol, which is harmful to pets.

Store in a cool, dry place after opening.

This carton is made from 100% recyclable material.

CODE 0497 v7



7 33739 00497 0