

Suggested Usage: Shake well. In the morning, take a 1/4 teaspoon, hold in mouth for 30 seconds, then swallow. Take with a meal.

REFRIGERATE AFTER OPENING TO MAXIMIZE FRESHNESS.

Vitamin B-12 (cyanocobalamin) is a water soluble vitamin necessary for the maintenance of a healthy nervous system and for the production of energy from fats and proteins.* Vitamin B-12 is also essential for the synthesis of DNA during cell division and therefore is especially important for rapidly multiplying cells, such as blood cells.* In addition, adequate intake of vitamin B-12, along with folic acid and vitamin B-6, is critical for the conversion of homocysteine to methionine, thereby supporting a healthy cardiovascular system.* While B-12 is stored in the liver, dietary sources are of animal origin only (meat and dairy). Therefore, supplementation with B-12 may be especially important for strict vegetarians.

***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.**

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

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children. Contains Xylitol, which is harmful to pets.

Natural color variation may occur in this product.

CODE 0465C V10



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Liquid B-12 B-Complex

Nervous System Health*

Essential for Energy Production*



8 FL. OZ. (237 mL)

A Dietary Supplement Vegetarian/Vegan



Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 1/4 Teaspoon (approx. 1 mL)

Servings Per Container about 237

	Amount Per Serving	% Daily Value
Vitamin C (as Ascorbic Acid)	20 mg	22%
Thiamin (from Thiamin HCl) (Vitamin B-1)	0.6 mg	50%
Riboflavin (Vitamin B-2)	1.7 mg	131%
Niacin (as Niacinamide) (Flush-Free)	20 mg	125%
Vitamin B-6 (from Pyridoxine HCl)	2 mg	118%
Folate	340 mcg DFE (200 mcg folic acid)	85%
Vitamin B-12 (as Cyanocobalamin)	1 mg (1,000 mcg)	41,667%
Pantothenic Acid (from Calcium Pantothenate)	30 mg	600%
Stevia Extract (Leaf)	2 mg	†

† Daily Value not established.

Other ingredients: De-ionized Water, Vegetable Glycerin, Xylitol, Malic Acid, Natural Flavors, Potassium Sorbate (as preservative), Ginger Root, Grapefruit Fiber and Cinnamon Bark Oil.

NOW FOODS, 395 S. Glen Ellyn Rd.

Bloomington, IL 60108, USA nowfoods.com

Made and quality tested in the USA
with globally sourced ingredients.
Contains no alcohol.

