

Vitamins

Family owned since 1968.



# Methyl B-12

## 5,000 mcg

Nervous System Health\*

- Essential for Energy Production\*
- Methylcobalamin plus Folate

### 60 Lozenges

A Dietary Supplement Vegetarian/Vegan



## 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: Xylitol, Hydroxypropyl Cellulose, Microcrystalline Cellulose, Citric Acid, Stearic Acid (vegetable source), Natural Flavors, Organic Stevia Leaf Extract (Enzyme-Modified Steviol Glycosides) and Organic Monk Fruit Extract.

Manufactured by NOW FOODS, 395 S. Glen Ellyn Rd. Bloomington, IL 60108, 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. Quatrefolic® is a registered trademark of Gnosis S p A and protected by U.S. Patent 7,947,662.

\*\*MTHF = Methyltetrahydrofolate



**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. Contains Xylitol, do not feed to pets.

This bottle is made from 100% PCR (post-consumer recycled) resin.



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