



Liquid B-12

NERVOUS SYSTEM HEALTH

B-Complex

Essential For Energy Production*

Net 8 fl. oz. (237 mL)

**A Dietary Supplement
Vegetarian/Vegan**



SUGGESTED USAGE: Shake well before use. As a dietary supplement, in the morning, take a 1/4 teaspoon, hold in mouth for 30 seconds, then swallow. **Refrigerate after opening to maximize freshness.**

Vitamin B-12 (Cyanocobalamin) is a water soluble vitamin necessary for the maintenance of a healthy nervous system as well as for energy production from fats and protein. 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, supports healthy serum homocysteine levels, thereby sustaining a healthy cardiovascular system.*

*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, do not feed to pets.

Supplement Facts

Serving Size 1/4 Teaspoon (1.2 mL)

Servings Per Container about 198

	Amount Per Serving	% Daily Value
Vitamin C (as Ascorbic Acid)	20 mg	33%
Thiamin (from Thiamin HCl) (Vitamin B-1)	0.6 mg	40%
Riboflavin (Vitamin B-2)	1.7 mg	100%
Niacin (as Niacinamide) (Flush-Free)	20 mg	100%
Vitamin B-6 (from Pyridoxine HCl)	2 mg	100%
Folate (as Folic Acid)	200 mcg	50%
Vitamin B-12 (as Cyanocobalamin)**	1 mg (1,000 mcg)	16,667%
Pantothenic Acid (from Calcium Pantothenate)	30 mg	300%
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.

Manufactured by NOW FOODS

395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA

For more product information visit www.nowfoods.com/0465

**This B-12 amount is equivalent to the normal injectable B-12 dose. There are no known toxic levels of B-12.

Contains no alcohol.



CODE 0465C

V6