

LOZENGE
SIZE

7 33739 00468 0

CODE 0468
V3

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

*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.

SUGGESTED USAGE: As a dietary supplement, take 1 lozenge daily. Chew lozenge or hold in mouth until dissolved.

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.*



B-12

NERVOUS SYSTEM HEALTH

1,000 mcg

- Essential for Energy Production*
- With Folic Acid

250 Lozenges

A Dietary Supplement
Vegetarian/Vegan



Supplement Facts

Serving Size 1 Lozenge

	Amount Per Serving	% Daily Value
Folic Acid	100 mcg	25%
Vitamin B-12 (as Cyanocobalamin)	1 mg (1,000 mcg)	16,667%

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

NOW FOODS

395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA
www.nowfoods.com

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.

Do Not Eat Freshness Packet. Keep in Bottle.

Store in a cool, dry place after opening.

Please Recycle.

