

SUGGESTED USAGE: Shake well before use. As a dietary supplement, in the morning, take 1 teaspoon, hold in mouth for 30 seconds, then swallow, or use as directed by your healthcare practitioner. 1 teaspoon (5 mL) is equivalent to about 5 half dropperfuls.

Refrigerate after opening to maximize freshness.

HOW IT WORKS: Liquid B-12 is a complete B-Complex formula that is high in Vitamin B12. B Vitamins are often found together because, although each works independently of the others, they often function together in common metabolic pathways.* For example, most of the B Vitamins are involved in energy production pathways.* In addition, Vitamin B-12 and Folic Acid are both essential for the synthesis of DNA during cell division and therefore are important for rapidly multiplying cells, such as blood cells.* This formula contains 5,000 mcg of B-12 in three different forms to optimize its utilization.*

CAUTIONS/INTERACTIONS: Generally well tolerated even at high levels of intake. For adults only. Consult physician if pregnant/nursing, taking medication used to treat neuropsychiatric conditions, oral contraceptives, anticoagulants, and some antibiotics. Consult physician before taking if you have a medical condition. Keep out of reach of children. Contains Xylitol, do not feed to pets.

CODE
P0452B

V5



PROTOCOL
FOR LIFE BALANCE®

Liquid B-12 5,000 mcg

- 3 Forms of B-12 for Maximum Utilization*
- Complete Liquid B-Complex
- High in Folic Acid 800 mcg

Net 4 fl. oz. (118 mL)

A Dietary Supplement
Vegetarian/Vegan



Supplement Facts

Serving Size 1 Teaspoon (5 mL)
Servings Per Container about 24

	Amount Per Serving	% Daily Value
Calories	10	
Total Carbohydrate	3 g	1%*
Thiamin (Vitamin B-1) (from Thiamin HCl)	3 mg	200%
Riboflavin (Vitamin B-2)	3.4 mg	200%
Niacin (Vitamin B-3) (as Niacinamide)	50 mg	250%
Vitamin B-6 (from Pyridoxine HCl)	10 mg	500%
Folate (as Folic Acid)	800 mcg	200%
Vitamin B-12 (as Cyanocobalamin, Methylcobalamin (Co-enzyme Form) and Dibenzoyl (Co-enzyme Form))	5 mg (5,000 mcg)	83,333%
Biotin	300 mcg	100%
Pantothenic Acid (Vitamin B-5) (from Calcium Pantothenate)	50 mg	500%

* Percent Daily Values are based on a 2,000 calorie diet.

Other ingredients: De-ionized Water, Vegetable Glycerin, Xylitol, Brown Rice Syrup, Malic Acid, Natural Flavors, Organic Stevia Extract (Leaf), Potassium Sorbate (as preservative), Choline Bitartrate, Inositol, Grapefruit Fiber and Cinnamon Bark Oil (Ceylon) (*Cinnamomum zeylanicum*).

Protocol For Life Balance®
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www.protocolforlife.com/P0452

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

*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.