

Suggested Usage: Take 1 lozenge daily. Chew lozenge or hold in mouth until dissolved and swallow.

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.

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

CODE 0462 V3



B-12

5,000 mcg

Nervous System Health*

- Essential for Energy Production*
- With Folic Acid

60 Lozenges

A Dietary Supplement Vegetarian/Vegan

Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 1 Lozenge

	Amount Per Serving	% Daily Value
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	5 mg (5,000 mcg)	83,333%

Other ingredients: Fructose, Sorbitol, Cellulose, Stearic Acid (vegetable source), Citric Acid, Natural Flavors, Silica and Soy Lecithin.

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA nowfoods.com

Not manufactured with wheat, gluten, 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.

Natural color variation may occur in this product.

Store in a cool, dry place after opening. Please Recycle.

