

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 0466 V4



B-12

1,000 mcg

Nervous System Health*

- Essential for Energy Production*
 - With Folic Acid
- ## 100 Lozenges

A Dietary Supplement Vegetarian/Vegan



Vitamins

Family owned since 1968.

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.

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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.

Natural color variation may occur in this product.

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

