

Suggested Usage: Take 1 lozenge 1 to 2 times daily. Chew lozenge or hold in mouth until dissolved and swallow.

Vitamin B-12 is necessary for the production of energy from fats and proteins and is well known for its critical role in DNA synthesis, as well as in homocysteine metabolism.* Methylcobalamin is the co-enzyme form of Vitamin B-12 that has been found to be especially critical in the maintenance of a healthy nervous system.* Dietary sources are almost exclusively of animal origin (meat and dairy) and supplementation with B-12 may be especially important for strict vegetarians. NOW® Methyl B-12 is vegetarian/vegan (non-animal derived).

*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 0495 V5



Methyl B-12

1,000 mcg

Nervous System Health*

- Essential for Energy Production*
- Methylcobalamin

100 Lozenges

A Dietary Supplement Vegetarian/Vegan

Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 1 Lozenge

	Amount Per Serving	% Daily Value
Vitamin B-12 (as Methylcobalamin)	1 mg (1,000 mcg)	16,667%

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

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

Natural color variation may occur in this product.

Do Not Eat Freshness Packet. Keep in Bottle.

Store in a cool, dry place after opening.

Please Recycle.

