

**Suggested Usage:** Take 1 lozenge 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. Do Not Eat Freshness Packet. Keep in Bottle.

CODE 0493 V2



# Methyl B-12

## 5,000 mcg

**Nervous System Health\***

- Essential for Energy Production\*
  - Methylcobalamin plus Folic Acid
- ## 120 Lozenges

A Dietary Supplement    Vegetarian/Vegan

**Vitamins**

*Family owned since 1968.*

## Supplement Facts

Serving Size 1 Lozenge

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

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

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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.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

Please Recycle.

