

Supplement Facts

Serving Size 1 Tube (15 mL) Servings Per Container 12

	Amount Per Serving	% Daily Value
Calories	25	
Total Carbohydrate	9 g	3%*
Total Sugars	0 g	†
Includes 0 g Added Sugars		0%*
Sugar Alcohols (Xylitol & Erythritol)	4 g	†
Thiamin (Vitamin B-1) (from Thiamin HCl)	3 mg	250%
Riboflavin (Vitamin B-2) (from Riboflavin-5-Phosphate Sodium)	3.4 mg	262%
Niacin (Vitamin B-3) (as Niacinamide)	50 mg	313%
Vitamin B-6 (from Pyridoxine HCl)	10 mg	588%
Folate	667 mcg DFE (400 mcg folic acid)	167%
Vitamin B-12 (as Cyanocobalamin)	10 mg (10,000 mcg)	416,667%
Biotin	300 mcg	1,000%
Pantothenic Acid (from Calcium Pantothenate)	50 mg	1,000%
Choline (from Choline Bitartrate)	5 mg	1%
Inositol	5 mg	†

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

† Daily Value not established.

Other ingredients: De-ionized Water, Vegetable Glycerin, Xylitol, Erythritol, Natural Flavors, Malic Acid and Potassium Sorbate (as preservative).

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

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

SUGGESTED USAGE: Shake plastic tube before using. Snap top off of tube and squeeze liquid contents into mouth and swallow. Take 1 tube daily with a meal, preferably in the morning. Please recycle plastic tube.

B-12 10,000 mcg Energy Boost*

Looking to jump-start your day with a burst of natural energy? NOW® B-12 is a powerful blend of Vitamin B-12 and indispensable nutrients for cellular energy utilization.* With a complete B Vitamin profile, added Vitamin C, and an energizing 10,000 mcg blast of Vitamin B-12, this advanced energy formula will keep you at the top of your game!*

We've carefully formulated the nutrient profile in NOW® B-12 10,000 mcg Energy Boost to work synergistically, in order to keep you sharp, focused, and naturally fired-up for hours!*

***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. Contains Xylitol, do not feed to pets.

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

This carton is made from 100% Recyclable Material.

now SHOTS™

B-12
10,000 mcg

energy boost*

mixed berry

12 : 15 mL (0.5 FL. OZ.) SHOTS

A Dietary Supplement Vegetarian/Vegan



These potent liquid shots are perfect for working out, important meetings, that big test, or wherever life requires you to be at your best!

- **Provides a Full Spectrum of B-Vitamins**
- **Sugar-Free, Sweetened with Xylitol**
- **No Artificial Colors or Flavors**
- **Refreshing, Natural Blend of Raspberry, Strawberry and Cherry Flavors**

now Nutrition for Optimal WellnessSM

CODE 0453D V4



CRTN0453D