

SUGGESTED USAGE: Shake well before use. In the morning, take 1 teaspoon, hold in mouth for 30 seconds, then swallow, or use as directed by your healthcare practitioner. Take with a meal. 1 teaspoon (5 mL) is equivalent to about 5 half dropperfuls.

Refrigerate after opening to maximize freshness.

HOW IT WORKS: Liquid B-12 is a complete B-Complex formula that is high in Vitamin B-12. B Vitamins are often found together because, although each works independently of the others, they often function together in common metabolic pathways.* For example, most of the B Vitamins are involved in energy production pathways.* In addition, Vitamin B-12 and Folic Acid are both essential for the synthesis of DNA during cell division and therefore are important for rapidly multiplying cells, such as blood cells.* This formula contains 5,000 mcg of B-12 in three different forms to optimize its utilization.

CAUTIONS/INTERACTIONS: Generally well tolerated even at high levels of intake. For adults only. Consult physician if pregnant/nursing, taking medication used to treat neuropsychiatric conditions, oral contraceptives, anticoagulants, and some antibiotics. Consult physician before taking if you have a medical condition. Keep out of reach of children. Contains Xylitol, do not feed to pets.



Liquid B-12 5,000 mcg

- 3 Forms of B-12 for Maximum Utilization
- Complete Liquid B-Complex



4 FL. OZ. (118 mL)

A Dietary Supplement Vegetarian/Vegan

Supplement Facts

Serving Size 1 Teaspoon (5 mL)
Servings Per Container about 24

	Amount Per Serving	% Daily Value
Calories	10	
Total Carbohydrate	3 g	1%*
Thiamin (Vitamin B-1) (from Thiamin HCl)	3 mg	250%
Riboflavin (Vitamin B-2)	3.4 mg	262%
Niacin (Vitamin B-3) (as Niacinamide)	50 mg	313%
Vitamin B-6 (from Pyridoxine HCl)	10 mg	588%
Folate	1333 mcg DFE (800 mcg folic acid)	333%
Vitamin B-12	5 mg (5,000 mcg) [as Cyanocobalamin, Methylcobalamin (Co-enzyme Form) and Dibenzoide (Co-enzyme Form)]	208,333%
Biotin	300 mcg	1000%
Pantothenic Acid (Vitamin B-5) (from Calcium Pantothenate)	50 mg	1000%

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

Other ingredients: De-ionized Water, Vegetable Glycerin, Xylitol, Brown Rice Syrup, Malic Acid, Natural Flavors, Organic Stevia Leaf Extract (Enzyme-Modified Steviol Glycosides), Potassium Sorbate (as preservative), Choline Bitartrate, Inositol, Grapefruit Fiber and Cinnamon Bark Oil (Ceylon) (*Cinnamomum zeylanicum*).

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

*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.

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