

Suggested Usage: Shake well. In the morning, take a 1/4 teaspoon, hold in mouth for 30 seconds, then swallow. Take with a meal.

REFRIGERATE AFTER OPENING TO MAXIMIZE FRESHNESS.

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.**

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

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children. Contains Xylitol, which is harmful to pets.

Natural color variation may occur in this product.

CODE 0465C V8



Liquid B-12 B-Complex

Nervous System Health*

Essential for Energy Production*

8 FL. OZ. (237 mL)

A Dietary Supplement Vegetarian/Vegan



Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 1/4 Teaspoon (1.2 mL)
Servings Per Container about 198

	Amount Per Serving	% Daily Value
Vitamin C (as Ascorbic Acid)	20 mg	22%
Thiamin (from Thiamin HCl) (Vitamin B-1)	0.6 mg	50%
Riboflavin (Vitamin B-2)	1.7 mg	131%
Niacin (as Niacinamide) (Flush-Free)	20 mg	125%
Vitamin B-6 (from Pyridoxine HCl)	2 mg	118%
Folate	333 mcg DFE (200 mcg folic acid)	83%
Vitamin B-12 (as Cyanocobalamin)**	1 mg (1000 mcg)	41,667%
Pantothenic Acid (from Calcium Pantothenate)	30 mg	600%
Stevia Extract (Leaf)	2 mg	†

† Daily Value not established.

Other ingredients: De-ionized Water, Vegetable Glycerin, Xylitol, Malic Acid, Natural Flavors, Potassium Sorbate (as preservative), Ginger Root, Grapefruit Fiber and Cinnamon Bark Oil.

NOW FOODS, 395 S. Glen Ellyn Rd.

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**This B-12 amount is equivalent to the normal injectable B-12 dose. There are no known toxic levels of B-12.

Contains no alcohol.