

CODE 0452

V4



\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Vitamin B-12 is a water-soluble vitamin necessary for the maintenance of a healthy nervous system and for the metabolic utilization of 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, encourages healthy serum homocysteine levels, thereby supporting cardiovascular health. Because Vitamin B-12 is found predominantly in animal products, strict vegetarians are at risk of developing Vitamin B-12 deficiency and may benefit from supplementation. NOW® Ultra B-12 is also formulated with the entire B-Complex family of vitamins, which work together to support cellular energy production. \* NOW® Vitamin B-12 is Vegetarian/Vegan (non-animal derived).  
**Vegetarian/Vegan Product.**

**SUGGESTED USAGE:** Shake well before use. As a dietary supplement, in the morning, take 1 teaspoon, hold in mouth for 30 seconds, then swallow. 1 teaspoon (5 mL) is equivalent to about 5 half dropperfuls. **Refrigerate after opening to maximize freshness.**



# Ultra B-12

**CELLULAR ENERGY BOOST\***

**5,000 mcg of B-12 per Teaspoon**

- 3 Forms of B-12 for Maximum Utilization
- Complete Liquid B-Complex
- High in Folic Acid 800 mcg

**Net 4 fl. oz. (118 mL)**

**A Dietary Supplement    Vegetarian Formula**

**Pleasant Tasting!!**



## Supplement Facts

Serving Size 1 Teaspoon (5 mL)    Servings Per Container 23

	Amount Per Serving	% Daily Value
Calories	10	
Total Carbohydrate	2.5 g	< 1%*
Vitamin C (as Ascorbic Acid)	120 mg	200%
Vitamin B-1 (from Thiamine HCl)	3 mg	200%
Riboflavin (Vitamin B-2)	3.4 mg	200%
Vitamin B-3 (as Niacinamide)	50 mg	250%
Vitamin B-6 (from Pyridoxine HCl)	10 mg	500%
Folic Acid	800 mcg	200%
<b>Vitamin B-12</b>	<b>5.0 mg (5,000 mcg)</b>	<b>83,333%</b>
<b>[as Cyanocobalamin, Methylcobalamin (Co-enzyme Form) and Dibenzoyl (Co-enzyme Form)]</b>		
Biotin	300 mcg	100%
Vitamin B-5 (from Calcium d-Pantothenate)	50 mg	500%
Certified Organic Stevia Extract (Leaf) ( <i>Stevia rebaudiana</i> ) (min 80% Glucosylsteviosides)	10 mg	†
Choline (from Choline Bitartrate)	5 mg	†
Inositol	5 mg	†

\* Percent Daily Values are based on a 2,000 calorie diet.  
 † Daily Value not established.

Other Ingredients: De-ionized Water, Vegetable Glycerine, Xylitol, Brown Rice Syrup, Malic Acid, Natural Flavors, Potassium Sorbate (as preservative), Grapefruit Fiber and Cinnamon Bark Oil (Ceylon) (*Cinnamomum zeylanicum*).

Manufactured by NOW FOODS, 395 S. Glen Elyn Rd. Bloomington, IL 60108 Made in the U.S.A. [www.nowfoods.com](http://www.nowfoods.com)  
 Contains no salt, yeast, wheat, gluten, soy, milk, egg or shellfish.