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Ultra B-12 - 4 oz.



PRODUCT #: 0452
UPC: 733739004529
Where to Buy

- **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**
- **Vegetarian Formula**

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.*

Nutrition Info

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%
Vitamin B-12	**5.0 mg (5,000 mcg)**	**83,330%**
as Cyanocobalamin, Methylcobalamin (Co-enzyme Form) and Dibencozide (Co-enzyme Form)		
Biotin	300 mcg	100%
Vitamin B-5 (from Calcium d-Pantothenate)	50 mg	500%
Stevia Extract (Leaf) (*Stevia rebaudiana*) (min 80% Glucosylsteviosides)	10 mg	†
Choline (from Choline Bitartrate)	5 mg	†
Inositol	5 mg	†

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

† Daily Value not established.

Details

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.

Other Ingredients: De-ionized Water, Vegetable Glycerine, Xylitol, Barley Malt Extract, Malic Acid, Natural Flavors, Potassium Sorbate, Ginger Root (*Zingiber officinale*), Grapefruit Fiber and Cinnamon Bark (*Cinnamomum verum*) Oil.
Vegetarian/Vegan Product

Contains no: salt, starch, yeast, wheat, soy, milk, egg or shellfish.

Disclaimer: *This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

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