

# Forever B12 Plus®

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## Forever B12 Plus®

**Essential B vitamins to energize and protect.**

Research shows as many as 30 percent of adults aren't getting enough of this important vitamin. This is especially true for vegans, vegetarians or many people on a restricted diet.

Forever B12 Plus® features an advanced delivery system to help ensure maximum nutrient absorption, so you're getting the most out of every dose. We've combined vitamin B12 with folic acid in a groundbreaking time-release formula to help support metabolic processes, assist in production of red blood cells and promote a healthy immune system.

The release of B12 into your system throughout the day will promote healthy energy levels and also helps your body maintain healthy homocysteine levels, a naturally-occurring amino acid that contributes to heart health.

Research has shown women who consume healthful diets with adequate folate throughout their childbearing years may reduce their risk of having a child with a birth defect of the brain or spinal cord. Anencephaly and spina bifida are the most common neural tube birth defects and have been linked to folate deficiencies.

Choose Forever B12 Plus®. We've packed in nature's benefits with a time-release formula that keep you properly supplied with B12 for hours. Look and feel your best by making this advanced supplement part of your daily routine.

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.

## NUTRITIONALS

### FAST FACTS

- Helps maintain healthy homocysteine levels
- Essential for energy production
- Contributes to normal cognitive function
- Time release formula



Gluten Free



Suitable for vegetarians



Suitable for vegans

### CONTENTS

60 tablets

### DIRECTIONS

As a dietary supplement, take one or two tablets daily, preferably after meals.

### CERTIFICATIONS

Kosher Certified, Halal Certified



## Supplement Facts

Serving Size 1 Tablet

| Amount Per Tablet               | % Daily Value |       |
|---------------------------------|---------------|-------|
| Vitamin B12 (as Cyanocobalamin) | 500 mcg       | 8330% |
| Folic Acid                      | 400 mcg       | 100%  |

### OTHER INGREDIENTS

Dextrose, dicalcium phosphate, hydroxypropyl methylcellulose, microcrystalline cellulose, stearic acid, silicon dioxide, magnesium stearate.



FOREVER®