



## Forever B12 Plus®

An excellent combination of essential nutrients, Forever B12 Plus® combines Vitamin B12 with Folic Acid utilizing a time-release formula to help make possible metabolic processes - including cell division, DNA synthesis, red blood cell production, and proper nerve function.

Vitamin B12, or Cyanocobalamin, was first discovered in 1948 as a nutritional factor that is vital for red blood cell production. B12 also works with folic acid to maintain healthy homocysteine levels in the body.

Perform this first act of love for your baby! Vitamin B12 deficiency also means deficiency in folic acid, which is critical to the fetus during the first three months of pregnancy, also making it beneficial to women wishing to conceive.

This supplement is extremely safe, as both components are tolerated in large amounts. It is also essential to a vegetarian or vegan diet, as B12 is normally obtained from animal sources.

Enjoy the benefits of Vitamin B12 and folic acid together, in a formula exclusively designed to complement the rest of our supplement range!

### 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, silica, magnesium stearate.

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60 tablets

### SUGGESTED USE

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



- Helps maintain healthy homocysteine levels
- Extremely safe, even in large amounts
- Supplements of vitamin B12 and folic acid should be taken together

PRODUCT #188

