



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 the nutritional factor that prevented pernicious anemia. B12 also works with folic acid in reducing homocysteine levels in the body.

If you are a female of childbearing age, 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!

Medicinal Ingredients	
Vitamin B12 (Cyanocobalamin)	Per Tablet 500 mcg
Folate (Folic Acid)	400 mcg

NON-MEDICINAL INGREDIENTS

Dextrose, Dicalcium Phosphate, Hydroxypropyl Methylcellulose, Microcrystalline Cellulose, Stearic Acid, Silica, and Magnesium Stearate.

CONTENTS
60 tablets

RECOMMENDED DOSE

Adults (19 years & over): Orally, take 1-2 tablets daily after meals or as directed by a healthcare practitioner.

Children (14-18 years): Orally, take 1 tablet daily after a meal or as directed by a healthcare practitioner.



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

PRODUCT #188C



The statements contained herein have not been evaluated by the FDA. The products discussed are not intended to diagnose, mitigate, treat, cure or prevent a specific disease or class of diseases. You should consult your family physician if you are experiencing a medical problem.