

This time-release formula packs a punch of vitamin B12 and folic acid. Vitamin B12 contributes to normal energy-yielding metabolism. Folate has a role in the process of cell division. Vitamin B12 and Folate contribute to the reduction of tiredness and fatigue.

**Instructions:** Take one tablet daily, preferably with water after meals. Store tightly closed in a cool, dry place. Do not use if seal under cap is broken or missing.

Keep out of reach of young children. Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. If you are taking any medications or are under medical supervision, please consult a doctor or healthcare professional before use. Do not exceed the recommended daily dose.

Best before end: See bottom of bottle  
**Forever Direct EU**, 4751 XJ Oud Gastel, NL  
**Forever Living Products UK Ltd.**  
Longbridge Manor, Warwick, CV34 6RB, UK  
**foreverliving.com**     **Made in USA**

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# Forever B12 PLUS®

With Folic Acid

Food Supplement

**60**  
Tablets

Net  
weight:  
28.5 g

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## Nutritional Values

Daily doses per container: 60

Per recommended daily dosage: 1 tablet

	Quantity	RI*
Vitamin B12	500 µg	20,000%
Folic Acid	400 µg	200%

\*Reference Intake

**Ingredients:** Dextrose, dicalcium phosphate, hydroxypropyl methylcellulose, microcrystalline cellulose, stearic acid, silicon dioxide, and magnesium stearate.

  
FOREVER®

