

Directions: Take one (1) tablet daily with any meal for maximum daily results, or as directed by your healthcare provider. Do not exceed recommended dosage.

Keep out of reach of children. Do not use if product appears to be tampered with or seal is broken. Store at room temperature.

Unconditionally guaranteed for purity, freshness and label potency. No Added Salt, Yeast, Preservatives, Artificial Flavors or Colors.



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**21ST
CENTURY®**



DIETARY SUPPLEMENT

PROLONGED RELEASE

B-12

1000 mcg

**Promotes Tissue Growth & Maintenance
And Is Essential For Red Blood Cell Formation***

~~110~~ 100 Tablets

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	% DV†
Vitamin B-12 (as Cyanocobalamin)	1000mcg 16667%
Calcium (as Calcium Carbonate)	120mg 12%

† Percent Daily Value (DV) based on a 2,000 calorie diet.

Other Ingredients: Cellulose, Stearic Acid, Silicon Dioxide, Hydroxypropyl Methylcellulose, Magnesium Stearate.

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

21ST Century HealthCare, Inc.
2119 S. Wilson Street, Tempe, AZ 85282 USA
www.21stcenturyvitamins.com



21ST Century® ... for a healthier future.

Vitamin B-12 1000 mcg

21st Century's® Vitamin B-12 (Cyanocobalamin) promotes maintenance and growth of tissue and is essential for red blood cell formation.*

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