

USAGE: Dissolve in mouth or chew one lozenge every 2 or 3 days with a meal, or as directed by your qualified health care consultant.

Methylcobalamin (Methyl B-12) is **better absorbed** and **retained** than other forms of B₁₂ (such as cyanocobalamin).^{*} Methyl B-12 **protects nerve tissue** and **brain cells**, and promotes better sleep.^{*} Methyl B-12 is an important cofactor that is needed to reduce toxic homocysteine to the essential amino acid methionine.^{*} Methylcobalamin also protects eye function against toxicity caused by excess glutamate.^{*} Also, vegetarians/vegans typically require B₁₂ supplementation.^{*}

Keep out of the reach of children.

^{*} 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.

Lot #. Best Used Before:

Jarrow FORMULAS®

Methyl B-12

1000 MCG

**The Superior Form
of B₁₂: Methylcobalamin**

**Protects Brain Cells and
Nerve Tissue***

Suitable for Vegetarians/Vegans

1000 mcg 100 Lozenges
Dietary Supplement

Supplement Facts

Serving Size 1 Lozenge

	Amount Per Lozenge	% Daily Value
Methylcobalamin (Methyl B ₁₂)	1000 mcg	16,666%

Other Ingredients: Xylitol, lemon flavor, citric acid, stearic acid (vegetable source) and magnesium stearate (vegetable source). Suitable for vegetarians/vegans.

No wheat, no gluten,
no soybeans, no dairy,
no egg, no fish/shellfish,
no peanuts/tree nuts.

NOTE: Color of product
naturally varies from
light pink to red.

Distributed Exclusively by:
Jarrow FORMULAS®
Superior Nutrition and FormulationSM
Los Angeles, CA 90035-4317
www.Jarrow.com

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PROD # 118001



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