

Do not accept if seal is broken. Product No. 1646
Store between 59°-86° F. Keep out of the reach of children.

Helps support nerve function.*

WARNING: If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor. **NO:** Yeast, wheat, soy, gluten, milk, salt, preservatives, artificial color or artificial sweeteners.

* 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.

Lot No:

Best by:



B VITAMINS

**SUPERIOR
B12**

3000 mcg

METHYL B12

Gluten-Free
Dietary Supplement
50 Sublingual Lozenges



Directions: Adults place lozenge under tongue 30 seconds before swallowing four (4) to seven (7) times weekly. Do not exceed recommended dose. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 1 lozenge

Amount Per Serving	% Daily Value	
Vitamin C (as ascorbic acid)	50 mg	83%
Folic Acid	400 mcg	100%
Vitamin B12 (as methylcobalamin)	3,000 mcg	50,000%

Other Ingredients: Fructose, mannitol, cellulose, stearic acid, magnesium stearate, silica, natural cherry flavor, natural raspberry flavor.



American Vegetarian Association



This product has been manufactured at an NSF GMP Registered facility.

Manufactured by Country Life, LLC
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