



SWANSON
PREMIUM BRAND
bringing wellness to the world since 1969

Vitamin B-12

Vitamin Supplement

250 capsules • 500 mcg



- DO NOT USE IF SEAL IS BROKEN.
- STORE IN A COOL, DRY PLACE.
- KEEP OUT OF REACH OF CHILDREN.

SUGGESTED USE:

As a dietary supplement, take one capsule per day with water.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value	
Vitamin B-12 USP	500 mcg	20,833%
(as cyanocobalamin)		

Other ingredients: Rice flour, gelatin.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS
Fargo, ND 58104 USA

TO REORDER, CALL TOLL FREE 1-800-437-4148
or visit our website at www.swansonvitamins.com



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