



Vitamin B-12

Vitamin Supplement

30 capsules • 500 mcg



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

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 (as cyanocobalamin)	500 mcg 20,833%

Other ingredients: Rice flour, gelatin.

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Fargo, ND 58104 USA
TO REORDER, CALL TOLL FREE 1-800-437-4148
or visit our website at www.swansonvitamins.com

