

**Directions:** As a dietary supplement, take 1/5 teaspoon (1 mL) daily or as directed by a healthcare practitioner.

**Bluebonnet's Liquid Vitamin B<sub>12</sub> & Folic Acid** contains fast-acting vitamin B<sub>12</sub> and folic acid. Available in easy-to-swallow liquid form for maximum assimilation and absorption.

**Shake well before serving.  
Refrigerate after opening.**

Manufactured for  
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**Bluebonnet®**

# Liquid Vitamin B<sub>12</sub> & Folic Acid

Natural Raspberry Flavor  
Dietary Supplement



**2 FL OZ (59 mL)**

## Supplement Facts

Serving Size 1/5 Teaspoon (1mL)  
Servings Per Container 59

| Amount Per Serving      |  | % Daily Value |
|-------------------------|--|---------------|
| Folate                  | 667 mcg DFE<br>(as 400 mcg folic acid) | 167           |
| Vitamin B <sub>12</sub> | 1000 mcg<br>(as cyanocobalamin)        | 41,667        |

Daily Value based on a 2,000 calorie diet.

Other ingredients: Purified water, fructose, natural raspberry flavor, citric acid, sodium benzoate.

**Free** of milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat and soybeans.

Also free of yeast, gluten, barley and rice.