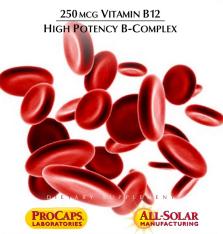
SUGGESTED USE Consume one or more capsules daily or as recommended by a health care professional. This product is most effective as part of a healthy diet and active lifestyle, along with one of ANDREW LESSMAN'S multi-vitamin-mineral formulas. For answers to questions about the use of this product, call



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605638-05L

VITAMIN B12 250



720 Easy-to-Swallow Capsules

Andrew Lessman's VITAMIN B12 250 delivers 250 mcg of our unique absorption-protected Methylcobalamin (Natural Coenzyme Vitamin **B12**) – the most important of all B vitamins to supplement. This importance stems from B12's long list of critical functions and the fact that its large molecular size makes it the most difficult of all vitamins to absorb. Vitamin B12 is essential for all energy production and the creation of hemoglobin, without which oxygen cannot be transported. We also cannot metabolize carbohydrates or burn fat without B12. Even more important is B12's vital role in the synthesis of our genetic material and its requirement for normal cell growth and development. B12 also supports heart health due to its ability to help metabolize homocysteine, and **B12** is also essential to support healthy immune and nervous system function. B12's enormous molecular size makes it all but impossible to absorb from typical supplements, which are easily destroyed by stomach acid. It is also well-established that stress, aging and digestive issues only further reduce Vitamin

B12's already poor absorption. Our unique Vitamin B12 is protected from stomach acid and releases its contents in the small intestine where it is absorbed making it the only intelligent and effective way to orally deliver B12's benefits. Given all the critical functions of Vitamin B12 along with its extremely poor absorption from food and ordinary supplements, we should all carefully consider a plan to intelligently supplement. Best of all, our Vitamir B12 250 is a pleasure to use, since it comes in a small soft, easy-to-swallow capsule that is gentle even to the

These statements have not been evaluated by the Food and Drug Administration. Th product is not intended to diagnose, treat, cure or prevent any disease. CONTAINS NO Milk, soy, yeast, com, wheat, gluten, sodium, salt, sugar, fat, cholesterol, colo

most sensitive stomachs.

preservative, common allergens or manufacturing additives.

<u>'</u>	Supplement Facts			
2 s		ings P	er Con	tainer 720
s	Amount Per Serving			%DV*
e	Vitamin C (as calcium ascorbate)	60	mg	100%
s	Vitamin B1 (as thiamin hydrochloride)	5	mg	333%
2,	Vitamin B2 (as riboflavin)	5	mg	294%
d	Niacin (as niacinamide)	5	mg	25%
a	Vitamin B6 (as pyridoxine hydrochloride)	5	mg	250%
n	Folate Complex (as L-methylfolate/folic acid	d) 25	mcg	6%
١,	Vitamin B12 (as methylcobalamin - protected Coenzyme		mcg	4,167%
e	Biotin	50	mcg	17%
	Pantothenic Acid (as calcium pantothenate) 5	mg	50%
is	Calcium (as calcium carbonate/ascorbate)	60	mg	6%
or.	Magnesium (as magnesium oxide)	30	mg	8%
	* Percent Daily Values (%DV) are based on a 2.0	000 cal	orie die	et.

CONTAINS NO ADDITIVES OF ANY KIND. Other Ingredients: Gelatin capsule, Proprietary Protective Methyl B12 Matrix