

EVERYDAY VALUE

**#1 PHARMACIST
RECOMMENDED***

Nature Made

B₁₂

VITAMIN 1000 mcg

TIMED RELEASE

DIETARY SUPPLEMENT
190 TABLETS

**Supports Cellular
Energy Production
in the Body†**

† 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.

SUPPORTS CELLULAR ENERGY PRODUCTION IN THE BODY.†

Vitamin B₁₂ is important for the metabolic pathways that release cellular energy from fat and protein.†

No Color Added • No Artificial Flavors

No Preservatives • No Yeast or Starch • Gluten Free

SUGGESTED USE: Take one tablet daily with a meal. For easier swallowing, take with water before and during ingestion.

Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet	% Daily Value
Vitamin B ₁₂ (as Cyanocobalamin) 1,000 mcg	16,667%
Calcium (as Dibasic Calcium Phosphate) 124 mg	12%

OTHER INGREDIENTS: Stearic Acid, Cellulose Gel, Hypromellose, Magnesium Stearate, Croscarmellose Sodium.

Distributed by:

Nature Made Nutritional Products

Mission Hills, CA 91346-9606, U.S.A.

1-800-276-2878 • www.NatureMade.com

B₁₂ tablets are made to Nature Made's guaranteed purity and potency standards. Based on Pharmacy Times Survey of pharmacists recommending Letter Vitamin Supplements.

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Keep bottle tightly closed. Store in a cool, dry place, out of reach of children.

Do not use if imprinted seal under cap is broken or missing.

Lot:
Exp:

