

DIRECTIONS: Adults: One tablet daily as a dietary supplement or as directed by your doctor.

KEEP OUT OF REACH OF CHILDREN

Store in a dry place at room temperature

DO NOT USE IF IMPRINTED SAFETY SEAL UNDER CAP IS BROKEN OR MISSING

FREE OF: Milk, Eggs, Fish, Shellfish, Tree Nuts, Peanuts, Wheat, Soy, Yeast, Corn, Preservatives, Artificial Colors, Artificial Flavors, Starch, Animal By-Products

Rev. 0615



Lot No.

Exp. Date



Vitamin B-12
1000 mcg

DIETARY SUPPLEMENT

100 TABLETS

Supplement Facts

Serving Size 1 Tablet

Amount per tablet		% Daily Value
Vitamin B-12 (as cyanocobalamin)	1000 mcg	16667%
Calcium (from dicalcium phosphate dihydrate)	23 mg	2%

OTHER INGREDIENTS: Microcrystalline cellulose, stearic acid, silica, magnesium stearate.

Distributed by: **Reliable 1 Laboratories LLC**
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