



Foundational



Brain/Nerves[‡]

SUGGESTED USE: Take 1 capsule one to three times daily or as recommended by your health-care practitioner.

TAMPER EVIDENT: Use only if bottle is sealed. Store tightly sealed in a cool, dry place.

If pregnant, consult your health-care practitioner before using this product.



GLUTEN FREE

THORNE[®]

Methylcobalamin
Methyl-B12

DIETARY SUPPLEMENT

60
CAPSULES



SUPPLEMENT FACTS

Serving Size: One Capsule

One Capsule Contains:	%DV
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Vitamin B12 (as Methylcobalamin)	1 mg	41,667%
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Daily Value (DV)

Other Ingredients: Microcrystalline Cellulose, Hypromellose (derived from cellulose) capsule, Leucine, Silicon Dioxide.

[‡]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.

manufactured by:
THORNE RESEARCH, INC., 1-800-228-1966



B125
LB12508