

Warning: If you are pregnant or nursing, consult your healthcare practitioner before taking this product.

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

Distributed by:
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Since 1996

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Energetic B-12 Spray

A Highly Available
B-12 Supplement
with Folic Acid



Vegetarian 1 fl. oz. | 30 ml

Suggested Use

As a dietary supplement, hold nozzle 1" from mouth, spray once and swallow. Use once daily or as directed by your healthcare practitioner. Shake well before each use.

Supplement Facts

Serving Size: 1 Spray (0.2 ml)
Servings Per Container: 150

Amount Per Serving	% Daily Value
Folic Acid 100 mcg	25%
Vitamin B6 (as Pyridoxal 5-Phosphate) 2 mg	100%
Vitamin B12 (as Methylcobalamin & Hydroxocobalamin) 1,000 mcg	16,667%

*Daily Value not established.

Other ingredients: glycerin, water.