

Vitamin B12 is part of a group of essential nutrients known as the B Complex. It supports energy metabolism and promotes a healthy nervous system. Along with Folic Acid and Vitamin B6, it supports heart health by promoting healthy levels of homocysteine already within a normal range. B12 is required for the normal development and regeneration of red blood cells, which help to deliver oxygen throughout the body.*

Carefully Manufactured by:
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SOLGB73180 03E



VITAMIN B 12 100 MCG

ENERGY METABOLISM*
NERVOUS SYSTEM SUPPORT*

Non-GMO
GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGANS



100 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	%DV
Vitamin B12 100 mcg (as cyanocobalamin)	4,167%

DV = Daily Value

Other Ingredients: Microcrystalline Cellulose, Dicalcium Phosphate, Vegetable Cellulose, Vegetable Stearic Acid, Silica, Vegetable Magnesium Stearate.

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Preservatives and Color.

SUGGESTED USE: As a dietary supplement for adults, take one (1) tablet daily, preferably with a meal or as directed by a health-care practitioner.

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

Solgar's KOF-K certification # K-1250

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

