

swanson.com
or call 1-800-437-4148

- Supports energy metabolism
- Essential for a healthy nervous system
- Vital for red blood cell formation

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take one capsule per day with water.

WARNING: For adults only. Consult your physician before using this or any product if you are pregnant or nursing, taking medication or have a medical condition. Keep out of reach of children.

Do not use if seal is broken. Store in a cool, dry place.

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.



SWANSON®

B-12

VITAMIN B-12
Energy and Metabolism

500 mcg per capsule

VITAMIN SUPPLEMENT | 250 CAPSULES

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		% Daily Value
Vitamin B-12	500 mcg	20,833%
USP (as cyanocobalamin)		

Other ingredients: Rice flour, gelatin.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS
Fargo, ND 58104 USA • 1-800-437-4148

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