

TAMPER
RESISTANT:
DO NOT USE IF
SEAL UNDER CAP
IS BROKEN OR
MISSING.



B12610

08C

VITAMIN WORLD

NATURALLY INSPIRED®



TimeRelease

**Vitamin
B-12**
1000 mcg

Supports Energy Metabolism*
Dietary Supplement

250 TABLETS

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value
Vitamin B-12 1,000 mcg (1 mg)	16,667%
(as Cyanocobalamin)	

Other Ingredients: Dicalcium Phosphate, Cellulose (Plant Origin), Hypromellose, Vegetable Stearic Acid, Silica, Vegetable Magnesium Stearate.

WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

FREE OF: yeast, wheat, milk or milk derivatives, lactose, sugar, preservatives, soy, artificial color, artificial flavor, sodium (less than 5 mg per serving).



ACTUAL
SIZE

PROD. NO. 1383

The B vitamins play a role in energy metabolism in the body.* Vitamin B-12 is essential for the normal formation of blood cells and contributes to the health of the nervous system.*

*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.

Directions: For adults, take one (1) tablet daily, preferably with a meal. As a reminder, discuss the supplements and medications you take with your health care providers.

KEEP OUT OF REACH OF CHILDREN. STORE IN A DRY PLACE AND AVOID EXCESSIVE HEAT.

TO REORDER CALL 1-800-228-4533

Or Order On The Web
www.vitaminworld.com

Carefully Manufactured by
Vitamin World, Inc.
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