

SUGGESTED USE: Gently shake before use. Place 2 ml (½ tsp or about 40 drops) into a glass of juice or water and take by mouth. May also place directly into the mouth and swallow. Use as directed by your healthcare professional.

When taking this high level of Vitamin B12, track blood levels. Children and pregnant or lactating women should consult with their healthcare professional prior to use.

STORAGE: Store in a cool, dry place away from direct sunlight. For maximum potency, after opening: refrigerate and use within 40 days. Keep out of reach of children.

DOES NOT CONTAIN: Milk, eggs, fish, shellfish, tree nuts, peanuts, or wheat.

Optimal Liposomal Active B12 Meets or Exceeds cGMP Standards.

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SeekingHealth®

**Optimal
Liposomal
Active B12**

with L-5-MTHF

Dietary Supplement

2 FL. OZ. (60 ML)

Supplement Facts

Serving Size: ½ tsp or approx. 40 drops (2 ml)
Servings Per Container: Approx. 30

Amount Per Serving		%DV
Vitamin B12 (as methylcobalamin)	5000 mcg	208,333%
Folate (as L-5-methylfolate)	100 mcg DFE	25%
Phosphatidylcholine and Phosphatidylethanolamine Complex (from non-GMO sunflower oil)	200 mg	*

* Daily Value (DV) Not Established

Other Ingredients: Purified water, glycerin, natural flavors, and potassium sorbate (0.1%, to prevent spoilage).

Manufactured for and Distributed by:

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AB12L5-2OZ-LIPO