

USAGE: Dissolve in mouth or chew 1 lozenge per day or as directed by your qualified healthcare professional.

NOTE: If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

Methylcobalamin (Methyl B-12) is **better absorbed** and **retained** than other forms of B₁₂ (e.g., cyanocobalamin).* Methyl B-12 **supports nerve tissue** and **brain cells**, promotes better sleep and recycles (via methylation) homocysteine, an oxidizing metabolite, back into the amino acid methionine.* Also, vegetarians/vegans often require B₁₂ supplementation.*

Keep out of the reach of children.
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.

Lot #. Best Used Before:

Jarrow
FORMULAS

Methyl B-12

Methylcobalamin—The Superior Form of B₁₂

**Supports Brain Cells*
and Nerve Tissue***

500
MICROGRAMS

100
LOZENGES

**DIETARY
SUPPLEMENT**



**cherry
flavor**



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Supplement Facts

Serving Size 1 Lozenge
Servings Per Container 100

	Amount Per Serving	% DV
Methylcobalamin (Methyl B ₁₂)	500 mcg	20,830%

Other Ingredients: Xylitol, cellulose, stearic acid (vegetable source), natural cherry flavor, citric acid, magnesium stearate (vegetable source) and silicon dioxide.

No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.

Suitable for vegetarians/vegans.

NOTE: Color of product naturally varies from light pink to red.

Distributed Exclusively by:
Jarrow FORMULAS®
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