

Supplement Facts

Serving Size: 1 mL
Servings Per Container: 59

Amount Per Serving		%DV
Vitamin B1 (as thiamin HCl)	4 mg	333%
Riboflavin (as riboflavin 5'-phosphate sodium)	4 mg	308%
Niacin (as niacinamide)	20 mg	125%
Vitamin B6 (as pyridoxine HCl)	10 mg	588%
Folate	333 mcg DFE (200 mcg folic acid)	83%
Vitamin B12 (as cyanocobalamin)	2,000 mcg	83,333%
Biotin	300 mcg	1,000%
Pantothenic Acid (as dexpantothelol)	30 mg	600%

DV = Daily Value

Other Ingredients: Vegetable Glycerin, Purified Water, Natural Flavors, Potassium Sorbate (preservative), Citric Acid.

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

Carefully Manufactured by:
Solgar, Inc.
500 Willow Tree Road
Leonia, N.J. 07605 U.S.A.

For more information, call toll-free
1-877-SOLGAR 4
www.solgar.com

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Part Number: 22-15950

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Since  1947

SUBLINGUAL

LIQUID B-12 2000 MCG

WITH B-COMPLEX

Solgar® Sublingual Liquid B-12 2000 mcg with B-Complex is designed to provide an advantage over conventional B-Complexes by offering an easy-to-use liquid formula for anyone who has difficulty in swallowing tablets or capsules. Our liquid formula also does not need to be broken down in the digestive tract as compared to a standard pill.

As we age, absorption of key nutrients such as Vitamin B-12 can decline, which is why it is important to take a formula that is also easy to digest.

Solgar® Sublingual Liquid B-12 2000 mcg with B-Complex is free of gluten, artificial flavors, colors and sweetener, so you receive a vitamin supplement that is also great tasting.

Since  1947

SUBLINGUAL

LIQUID B-12 2000 MCG

WITH
B-COMPLEX

GLUTEN, WHEAT &
DAIRY FREE

SUITABLE
FOR VEGANS

59 Servings



2 FL. OZ. (59 mL)

DIETARY SUPPLEMENT

Since  1947

SUBLINGUAL

LIQUID B-12 2000 MCG

WITH B-COMPLEX

SUGGESTED USE: SHAKE WELL before use. As a dietary supplement for adults, place one (1) mL under the tongue (sublingually) up to two times per day. Hold under tongue for 10 seconds before swallowing.

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 seal is missing or damaged.

Solgar's KOF-K certification #K-1250



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