

KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place.

For More Information:

1-888-462-2548

GNC.com

Distributed by:

General Nutrition Corporation

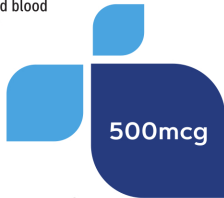
Pittsburgh, PA 15222 USA

**GNC**

# Vitamin B-12

Essential for carbohydrate metabolism  
& energy production\*

Required for red blood  
cell formation\*



100 VEGETARIAN TABLETS

100-DAY SUPPLY

DIETARY SUPPLEMENT

CODE 099319

CUG

**DIRECTIONS:** As a dietary supplement, take one or two tablets daily.

## Supplement Facts

Serving Size One Tablet

Amount Per Serving	% Daily Value	
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Vitamin B-12 (as Cyanocobalamin)	500 mcg	20833%
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**OTHER INGREDIENTS:** Dextrose, Dicalcium Phosphate, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source, Rice Bran Powder (*Oryza sativa*).

**WARNING:** Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery.

Conforms to USP <2091> for weight.

Meets USP <2040> disintegration.

No Artificial Colors, No Artificial Flavors, No Preservatives, Sodium Free, No Wheat, Gluten Free, No Soy, No Dairy.



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GLUTEN  
FREE

\* 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 No./Best By: