

Suggested usage: Chew or dissolve 1 tablet per day in the mouth before swallowing or as directed by a health professional.

Cautions: As with any supplement, consult your health professional before use if you are pregnant, breastfeeding, or trying to conceive, or if you are taking medication, have a medical condition, or anticipate a surgery. Keep out of the reach of children.

Methylcobalamin (vitamin B12) is active immediately upon absorption, while other forms (e.g., cyanocobalamin) must be converted to methylcobalamin in a two-step process. Methylcobalamin demonstrates exceptional activity in areas where other forms are simply not active. B12 supplementation is recommended for vegetarians and those with B12 deficiency.* It helps form red blood cells, prevents vitamin B12 deficiency and helps maintain good health.*

Manufactured by Natural Factors to ensure safety and potency in accordance with Good Manufacturing Practices (GMP) of the FDA and Health Canada.

Contains no artificial colors, preservatives, or sweeteners; no starch, wheat, gluten, yeast, soy, corn, egg, fish, shellfish, salt, tree nuts, or GMOs. Suitable for vegetarians. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

PRODUCT OF CANADA
Manufactured by Natural Factors Canada
Distributed by NATURAL FACTORS
14224 167th Avenue SE
Monroe, WA 98272

Recyclable container and label.

**Purity & Potency
Guaranteed**

DIETARY SUPPLEMENT

Methylcobalamin

5000 mcg

Quick Dissolve

B12

THE MOST
METABOLICALLY
ACTIVE FORM

**natural
Factors**

60 CHEWABLE
TABLETS

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin B12 (methylcobalamin)	5000 mcg	208,333%

Other ingredients: Lactose, microcrystalline cellulose, croscarmellose sodium, magnesium stearate (vegetable grade).

Contains milk.

LOT & EXPIRY 1.3125" x .25" Single Line



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For people with B12 deficiencies it is popular to have injectable vitamin B12; however, research supports that oral administration of an appropriate dosage has been shown to produce as good of results as injectable preparations in treating vitamin B12 deficiency.*

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In people with low levels of B12, supplementation is very effective in improving energy levels and restoring mental function.*

Check with your doctor or health professional on what is the best form and potency for you.

isura™

This product has passed the most rigorous testing in the world for contaminants and quality.

isura.ca

