

Directions: As a vitamin supplement, adults take one (1) tablet daily with any meal or as directed by a healthcare provider. Do not exceed recommended dosage. Individual results may vary.

Warning: Consult a healthcare provider prior to use if pregnant, nursing, on medications, have a medical condition or are planning a medical procedure. Stop use and contact a physician if adverse reactions occur.

Keep out of reach of children. Do not use if product appears to be tampered with or seal is broken. Store at room temperature.

No added Sugar, Yeast, Preservatives, Artificial Flavors or Colors.

*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.

21ST
CENTURY®



PROLONGED RELEASE

B-12
1000 mcg



Energy, Metabolism &
Nervous System Support*

VITAMIN SUPPLEMENT

110 TABLETS



Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		% Daily Value
Vitamin B-12	1,000 mcg	41,670%
(as Cyanocobalamin)		
Calcium	100 mg	8%
(as Calcium Carbonate)		

Other Ingredients: Cellulose, Maltodextrin, Stearic Acid. **Contains <2% of:** Hydroxypropyl Methylcellulose, Magnesium Stearate, Silicon Dioxide.

Proudly Manufactured by
21ST Century HealthCare, Inc.
2119 S. Wilson St., Tempe, AZ 85282 USA
21stcenturyvitamins.com
500012-0118N



21ST
CENTURY.



B-12 1000 mcg

Vitamin B-12 (Cyanocobalamin) supports energy metabolism.* Prolonged release vitamins slowly release nutrients into the body over an extended period of time.
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ACTUAL
SIZE



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