



Vitamin B12 01% (Cyanocobalamin)

**WARNING: Potentially toxic in higher amounts.
Use extreme care when measuring!**

Storage: Keep dry, cool & dark

25g (0.88oz)

Lot Number:

Date of manufacture

Supplement Facts

Serving Size 200 milligrams

Servings per container: 125

Amount Per Serving	% Daily Value**
Vitamin B12 (as Cyanocobalamin) 2mg	33000%

* Daily Value not established.

** Based on 2,000 calorie diet

Other Ingredients: Mannitol.

Free of: soy, dairy, yeast, gluten, corn and additives.

Directions: As a dietary supplement, take 100mg (rounded 1/32 tsp) to 200 mg (rounded 1/16 tsp) daily, or as directed by physician.

US Standard Measuring Spoons

Spoon Size (level)	milligrams
1/32 teaspoon	80
1/16 teaspoon	160
1/8 teaspoon	320

Warning: This product is not intended for use by those with a serious medical condition or pregnant or lactating women. Consult your physician before use. Keep out of reach of children.

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.