



FOR-TIL B₁₂[®] 4435

Dietary Supplement

Suggested Use: One capsule per meal,
or as directed.

90 CAPSULES

WHOLE FOOD SUPPLEMENTS SINCE 1929

Caution: This product is processed in a facility that manufactures other products containing soy, milk, egg, wheat, peanut, tree nuts, fish, and shellfish.

Supplement Facts

Serving Size: 1 Capsule

Servings per Container: 90

Amount per Serving

%DV

Calories..... 2

Vitamin B12..... 3 mcg..... 50%

Proprietary Blend..... 288 mg

Tillandsia usneoides†, calcium lactate, defatted wheat (germ)†, oat flour†, calcium phosphate, bovine spleen†, ovine spleen†, ascorbic acid, and magnesium citrate.

†Daily Value (DV) not established.

Other Ingredients: Gelatin, water, calcium stearate, dicalcium phosphate, and cyanocobalamin.

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