



ACTUAL
SIZE

quick dissolve
vitamin B₁₂

2500 mcg

helps support energy
metabolism and nervous
system health*



60 TABLETS

DIETARY SUPPLEMENT

*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.



vitamin B₁₂

Directions: Adults, as a dietary supplement,
dissolve one tablet daily under tongue for 30
seconds, then swallow.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value
Vitamin B ₁₂ 2500 mcg	104167%

Ingredients: Mannitol, Croscopovidone. Contains 2%
or less of cyanocobalamin, magnesium stearate,
natural cherry flavor, sucralose.

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Minneapolis, MN 55403

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KEEP OUT OF REACH OF CHILDREN.

Store at 15° - 30°C (59° - 86°F).

ENERGY METABOLISM*

The B vitamins play a role in protein and energy
metabolism. As an essential nutrient, Vitamin B₁₂ plays a
role in maintaining proper metabolic functioning and the
well-being of the nervous system. Vitamin B₁₂ is also
important for heart health.*

CAUTION: Pregnant or nursing women, individuals taking
medication(s) or persons who have a health condition
should consult their physician before using this product.

**SAFETY-SEALED. DO NOT USE IF
PRINTED SEAL UNDER CAP IS CUT,
TORN, OR MISSING.**

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Tablet color may vary.

Questions?

Call 1-800-910-6874

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