

Methylcobalamin is the active, coenzyme form of Vitamin B12. While the body can readily absorb Vitamin B12 as cobalamin, it must further convert it to a coenzyme form, methylcobalamin, to become metabolically active. In this form, it is bioidentical to one of the two active forms found in the body. The "body-ready" Vitamin B12 in this formula is offered in a convenient nugget dosage form which is also suitable for vegans.

Carefully Manufactured by:  
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**SUBLINGUAL  
METHYLCOBALAMIN  
(VITAMIN B 12)  
1000 MCG  
ACTIVE COENZYME FORM OF B 12**

**GLUTEN & DAIRY FREE**

**Non-GMO  
SUITABLE FOR VEGANS**

**60 NUGGETS**

**DIETARY SUPPLEMENT**



**Supplement Facts**

**Serving Size: 1 Nugget**

Amount Per Serving	%DV
Vitamin B12 1000 mcg (as methylcobalamin)	41,667%

**DV = Daily Value**

Other Ingredients: Mannitol†, Vegetable Magnesium Stearate, Vegetable Stearic Acid, Silica, Natural Flavors, Vegetable Cellulose.

†Provides a dietarily insignificant amount of sugar alcohol.

**FREE OF: Gluten, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Preservatives and Color.**

**SUGGESTED USE:** As a dietary supplement for adults, take one (1) nugget daily, preferably with a meal or as directed by a healthcare practitioner; place nugget under the tongue for 30 seconds before swallowing.

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

Solgar's KOF-K certification # K-1250

