

NATURE'S BOUNTY®

B-12
1000mcg

**Aids in the Conversion
of Food into Energy***

ENERGY HEALTH



200 Tablets

VITAMIN SUPPLEMENT

DIRECTIONS: For adults, take one (1) tablet daily, preferably with a meal.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value
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Vitamin B-12	1,000 mcg	41,667%
(as Cyanocobalamin)		

Other Ingredients: Dicalcium Phosphate, Vegetable Cellulose, Vegetable Stearic Acid. Contains <2% of: Natural Palm Leaf Glaze, Silica, Vegetable Magnesium Stearate.