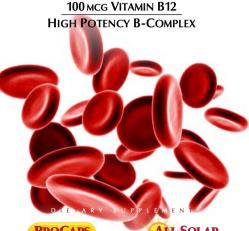
SUGGESTED USE Consume one or more capsules daily or as recommended by your physician. As with any dietary supplement, this product is most effective as part of a healthy diet and active lifestyle. along with a daily multi-vitaminmineral formula. For questions about the use of this product call 800.332.7799.





VITAMIN B12 100



720 Easy-to-Swallow Capsules

Andrew Lessman's VITAMIN B12 100 delivers 100 mcg of our unique absorption-protected Methylcobalamin (Natural Coenzyme Vitamin **B12**) – the most important of all B vitamins to supplement. This importance stems from B12's long list of critical functions and the fact that its large molecular size makes it the most difficult of all vitamins to absorb. Vitamin B12 is essential for all energy production and the creation of hemoglobin, without which oxygen cannot be transported. We also cannot metabolize carbohydrates or burn fat without B12. Even more important is B12's vital role in the synthesis of our genetic material and its requirement for normal cell growth and development, **B12** also supports heart health due to its ability to help metabolize homocysteine, and B12 is also essential to support healthy immune and nervous system function. B12's enormous molecular size makes it all but impossible to absorb from typical supplements.

which are easily destroyed by stomach acid. It is also wellestablished that stress, aging and digestive issues only further reduce Vitamin **B12**'s already poor absorption. Our unique Vitamin **B12** is protected from stomach acid and releases its contents in the small intestine where it is absorbed making it the only intelligent and effective way to orally deliver **B12**'s benefits. Given all the critical functions of Vitamin **B12**, along with its extremely poor absorption from food and ordinary supplements, we should all carefully consider a plan to intelligently supplement. Best of all, our Vitamin B12 100 is a pleasure to use, since it comes in a small, soft, easy-to-swallow capsule that is gentle even to the most sensitive stomachs.

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.

CONTAINS NO Milk, soy, yeast, corn, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative, common allergens or manufacturing additives.

CONTAINS NO ADDITIVES OF ANY KIND.

Supplement	Facts
Serving Size 1 Capsule	Servings
Amount Per Serving	

Amount Per Serving		%
Vitamin C (as calcium ascorbate)	60 mg	6
Vitamin B1 (as thiamin hydrochloride)	5 mg	41
Vitamin B2 (as riboflavin)	5 mg	38
Niacin (as niacinamide)	5 mg	3
Pantothenic Acid (as calcium pantothenate)	5 mg	10
Vitamin B6 (as pyridoxine hydrochloride)	5 mg	29

Vitamin B12 100 mcg 4,167% (as methylcobalamin - protected Coenzyme B12) Folate Complex 33 mcg DFF (12.5 mcg folic acid)

)	(as L-methylfolate/folic acid)		
	Biotin	50 mcg	16
t	Calcium (as calcium carbonate/ascorbate)	60 mg	

30 mg Magnesium (as magnesium citrate) * Percent Daily Values (%DV) are based on a 2.000 calorie diet.

Other Ingredients: Gelatin capsule, Proprietary Protective Methyl B12 Matrix.