



MANGANESE B₁₂™

DIETARY SUPPLEMENT

5490

Suggested Use:
One tablet per day,
or as directed.

90 TABLETS



**WHOLE FOOD SUPPLEMENTS
SINCE 1929**

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

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 Tablet
Servings per Container: 90

	Amount per Serving	%Daily Value
	9 mg	10%
Vitamin C	5 mcg	206%
Vitamin B12	1 mg	97%
Iron	1.9 mg	28%
Zinc	0.2 mg	1,428%
Copper	34 mg	
Manganese		

Proprietary Blend
Organic carrot, organic sweet potato, and bovine bone

*Daily Value not established.
Other ingredients: Manganese lactate, honey, organic acetate (berry), camu camu (berry), zinc-amino acid (rice) chelate, organic methylated, dicalcium phosphate, malic (fruit), iron amino acid (rice) chelate, copper amino acid (rice) chelate, calcium stearate, and cyanocobalamin.

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