

Vitamin B-12 is essential for the metabolism of carbohydrates, formulation of red blood cells and nerve tissue and for energy production.\*

**TAMPER EVIDENT:** Do not use this product if imprinted foil seal under cap is broken or missing.

Mfg. in a Ko Kasher Certified, FDA Registered Facility, using Good Manufacturing Practices (GMPs)

Keep tightly closed.

Store at room temperature: 59°-86°F (15° to 30°C).

**KEEP OUT OF REACH OF CHILDREN.**

**CAUTION:** If you are pregnant or nursing do not take this product.

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**FOSTER REGAL**®

The Best Choice.®

**B-12** 1000  
mcg



**Timed  
Release**

Gluten Free

Dietary Supplement

**90 TABLETS**

## Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% DV
Vitamin B-12 ..... 1000 mcg ...	16667%
(as cyanocobalamin)	

Other ingredients: Calcium carbonate, vegetable cellulose, vegetable stearic acid, silica, vegetable magnesium stearate.

**DIRECTIONS:** As a dietary supplement, take 1 or 2 tablets daily.

Conforms to USP <2091> for weight.

Mfg. for: **Foster Regal Laboratories**®

115 S.C.T. Ct., White House, TN 37188

Made in USA