

For More Information:
1-888-462-2548
GNC.com

GNC

Methyl B-12

HIGHLY ABSORBABLE

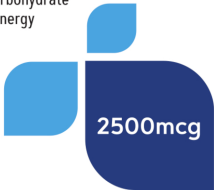
Essential for carbohydrate
metabolism & energy
production*

Required for
red blood
cell formation*

High-potency
Methyl B-12

100 CAPLETS

100-DAY SUPPLY



DIETARY SUPPLEMENT

*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.

CODE 25313

CWG

DIRECTIONS: As a dietary supplement, take one caplet daily.

Supplement Facts

Serving Size One Caplet

Amount Per Serving	% Daily Value	
Vitamin B-12 (as Methylcobalamin)	2500 mcg	104167%
Calcium	135 mg	10%

OTHER INGREDIENTS: Dicalcium Phosphate, Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Silicon Dioxide, Stearic Acid Vegetable Source, Titanium Dioxide (Mineral Whitener), Magnesium Stearate Vegetable Source, Croscarmellose Sodium, Polyethylene Glycol, Talc, Carnauba Wax.

Distributed by:
GNC Holdings, LLC
Pittsburgh, PA 15222 USA

No Artificial Flavors, Gluten Free, No Milk.

KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.



Lot No./Best By:

ACTUAL SIZE

