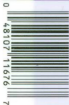


For More Information:
1-800-421-2548

SHOP NOW @ GNC.COM

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

* 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.



GNC

Methyl B-12

DIETARY SUPPLEMENT

*high potency, highly absorbable, superior
form of B-12*
essential for metabolism, energy
production & proper neurological
function**

2500 mcg
100 TABLETS



NEW

CODE 253311

NHG

Directions: As a dietary supplement, take one tablet daily.

Supplement Facts

Serving Size One Tablet

Amount Per Serving	% Daily Value
Vitamin B-12 (as Methylcobalamin)	2500 mcg 41667%

Other Ingredients: Cellulose, Dicalcium Phosphate,
Titanium Dioxide (Natural Mineral Whitener), Vegetable
Acetoglycerides.

WARNING: Consult your physician prior to using this
product if you are pregnant, nursing, taking medication,
or have a medical condition. Discontinue use two weeks
prior to surgery.

Potency verified by GNC procedure #5246.

Conforms to USP <2050> for weight.

Meets USP <2040> for disintegration.

No Sugar, No Starch, No Artificial Colors, No Artificial
Flavors, No Preservatives, No Sodium, No Wheat,
No Gluten, No Corn, No Soy, No Dairy, Yeast Free.

KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place.

ACTUAL SIZE

Lot No./Best By: