

A water-soluble vitamin, **B-12** is essential for proper energy metabolism, nerve and mental function, red blood cell formation, and cardiovascular health.[†] It is important for everyone, but especially for vegetarians and seniors who tend to be lacking in B-12.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish.

Prolonged release is an advanced manufacturing technique which allows nutrients to be released slowly (over approximately 2-4 hours) promoting optimal assimilation.

*SGS verified the process for manufacturing this product with no GMO ingredients. www.sgs.com/no-gmo

Store in a cool, dry place.

We Guarantee Our Supplements for Potency and Purity
To report a serious adverse event, call 1-888-710-0006

† 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.



Woodstock
— VITAMINS —

PROLONGED RELEASE

B-12
1,000 mcg

SUPPORTS METABOLISM AND
HEALTHY RED BLOOD CELLS*

DIETARY SUPPLEMENT

30 Tablets



Supplement Facts

Serving Size 1 Tablet
Servings Per Container 30

Amount Per Serving	% Daily Value	
Vitamin B12 (as cyanocobalamin)	1,000 mcg	41,667%
Calcium (from calcium phosphate)	103 mg	8%

Other ingredients: Cellulose, stearic acid (vegetable source), silica, calcium stearate (vegetable source), glycerin.

Distributed by: Village Vitality LLC
Woodstock, NY 12498
woodstockvitamins.com

SUGGESTED USE: Take one tablet daily.

KEEP OUT OF REACH OF CHILDREN.

VVL 205-30N

