

USAGE: Dissolve in mouth or chew 1 tablet per day or as directed by your qualified healthcare professional.

NOTE: Consult a healthcare professional before using this product if you are trying to conceive, pregnant, or lactating, under the age of 18, or have a medical condition; if adverse reactions occur, discontinue use.

Methyl B-12 (methylcobalamin) supports brain and nerve health and function, energy production, and sleep-wake cycles.* Methyl B-12 is better absorbed and retained than cyanocobalamin, and supplementation may be needed by seniors, persons on stomach acid reducing regimens, and some vegetarians/vegans.*

Keep out of the reach of children.
Store in a cool, dry place.

*** 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.**

NOTE: Color of product naturally varies from light pink to red.

Lot #. Best Used Before:



Jarrow
FORMULAS

Methyl B-12

Biologically Active Form of B₁₂
Energy Production and Brain Function*

5000
MICROGRAMS



**CHERRY
FLAVOR**

**60 CHEWABLE
TABLETS**



**DIETARY
SUPPLEMENT**

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% DV
Vitamin B ₁₂ (as Methylcobalamin)	5,000 mcg	208,333%

Other Ingredients: Xylitol, cellulose, stearic acid (vegetable source), natural cherry flavor, citric acid, magnesium stearate (vegetable source) and silicon dioxide.

Distributed Exclusively by
Jarrow Formulas®

Los Angeles, CA 90035-4317 • 1-866-459-4154

No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.



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APPROX.
FILL LINE