

store sealed in a cool dry place

KEEP OUT OF REACH OF CHILDREN
USE ONLY IF SAFETY SEAL IS INTACT

Recommendations

1 capsule once or twice daily with food, or
as directed by your healthcare professional.

Warning

If pregnant, consult your physician before
taking.

EXCLUDES COATINGS, BINDERS, GLUTEN (WHEAT,
RYE, BARLEY)[†], MILK/DAIRY (CASEIN, WHEY)[†], SOY
PROTEIN[†], EGG PROTEIN[†], SUGAR.

[†]VERIFIED BY INDEPENDENT TESTING

Metafolin® is a registered trademark of Merck
KGaA, Darmstadt, Germany



6 93465 51211 1


VITAL
NUTRIENTS

B-12 / Methyl Folate

1000mcg/800mcg

DIETARY SUPPLEMENT
100 VEGETARIAN CAPSULES

Supplement Facts

serving size: 1 vegetarian capsule
servings per container: 100

	amount per serving	% daily value
Folate (as L-5-MTHF) Metafolin®	800mcg	200%
Vitamin B12 (as methylcobalamin)	1000mcg	16666%

Other Ingredients: Rice Powder, Vegetable
Cellulose Capsule, and Ascorbyl Palmitate.

Raw materials and finished products are
independently tested by U.S. labs.
Learn more at vitalnutrients.net

manufactured by
VITAL NUTRIENTS
45 KENNETH DOOLEY DRIVE
MIDDLETOWN, CT 06457 USA