

store sealed in a cool dry place

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

Recommendations

1 or 2 capsules once or twice daily,
or as directed by your healthcare
professional.

Warning

If pregnant, consult your
physician before taking.

CONTAINS NO COATINGS, BINDERS, YEAST, WHEAT,
GLUTEN, MILK/DAIRY, CORN PROTEIN, SOY PROTEIN,
EGGS, SUGAR, HYDROGENATED OIL, ARTIFICIAL
COLORING, ARTIFICIAL FLAVORING, OR PRESERVATIVES.

MADE IN THE USA



DIETARY SUPPLEMENT

100 CAPSULES


VITAL
NUTRIENTS

Vitamin B-12
1000mcg

VEG
CAPS

Supplement Facts

serving size: 1 capsule

servings per container: 100

	amount per serving	percent daily value
Vitamin B12 (as methylcobalamin)	1000mcg	16666%

Other Ingredients: Rice Powder, Vegetable
Cellulose Capsule, and Silica.

Independently tested for
authenticity, potency, solvent
residue, stability and bacteria,
yeast and mold counts.

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