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please recycle this bottle.

We are committed to you and
our planet. Scan to learn more.



NATURE'S
SUNSHINE™

Recommended Use: Take 1/4 teaspoon (1 mL)
once daily. Hold under the tongue for 30
seconds before swallowing. May take one
additional dose for energy.*

Shake well before using. Refrigerate after opening.

*Warning: Consult your medical provider before use
if you have any medical conditions or concerns.*

*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.

Nature's Sunshine Products, Inc.

Spanish Fork, UT 84660

(800) 223-8225 • naturessunshine.com

Stock# 21690

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LIQUID

Methyl Vitamin B₁₂ Complete

NEW
LOOK!

SAME GREAT
PRODUCT

PROMOTES ENERGY*

*Supports the Central Nervous System**

Dietary Supplement

2 FL. OZ. (59 ML)



Supplement Facts

Serving Size 1 teaspoon (1 mL), Servings Per
Container 59, Amount Per Serving, Thiamin
(vitamin B₁, mononitrate) 0.5mg (42%
DV), Riboflavin (vitamin B₂) 0.85mg (65%
DV), Niacin (niacinamide) 10mg (63% DV),
Vitamin B₆ (pyridoxine HCl) 1mg (59% DV),
Vitamin B₁₂ (methylcobalamin) 1,000mcg
(41667% DV)

Other Ingredients: Water, sorbitol, vegetable glycerin,
natural flavors, citric acid, sodium bicarbonate, malic
acid, potassium sorbate (preservative), and sodium
benzoate (preservative).



HERBAL EXPERTS *since* 1972