

Puritan's Pride® supplements are produced from the finest raw materials under stringent quality control standards. State-of-the-art manufacturing and packaging facilities ensure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children.

Store at room temperature. Do not use if seal under cap is broken or missing.

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TO REORDER ITEM # 1383
www.puritan.com
1-800-645-1030

Carefully Manufactured by
PURITAN'S PRIDE, INC.
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Puritan's Pride

TIMED RELEASE

B-12
1000mcg



250
Caplets

VEGETARIAN VITAMIN SUPPLEMENT

DIRECTIONS: For adults, take one (1) caplet daily, preferably with a meal.

Supplement Facts

Serving Size 1 Caplet

Amount Per Serving	% Daily Value	
Vitamin B-12 (as Cyanocobalamin)	1,000 mcg	41,667%

Other Ingredients: Dicalcium Phosphate, Vegetable Cellulose, Vegetable Stearic Acid. **Contains <2% of:** Silica, Vegetable Magnesium Stearate.

No Artificial Color or Flavor, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.