

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

**NOTE:** If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

**Methylcobalamin (Methyl B-12)** is **better absorbed** and **retained** than other forms of B<sub>12</sub> (e.g., cyanocobalamin).<sup>\*</sup> Methyl B-12 **supports nerve tissue** and **brain cells**, promotes better sleep and converts (via methylation) toxic homocysteine to the essential amino acid methionine.<sup>\*</sup> Also, vegetarians/vegans typically require B<sub>12</sub> supplementation.<sup>\*</sup>

**Keep out of the reach of children.**

<sup>\*</sup> 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.

Lot #. Best Used Before:

**Jarrow**  
FORMULAS

# Methyl B-12

The Superior Form of B<sub>12</sub> Methylcobalamin

**Supports Brain Cells<sup>\*</sup>  
and Nerve Tissue<sup>\*</sup>**

**5000**  
MICROGRAMS

**60**  
LOZENGES

**DIETARY  
SUPPLEMENT**



**cherry  
flavor**

## Supplement Facts

Serving Size 1 Lozenge    Servings Per Container 60

	Amount Per Serving	% DV
Methylcobalamin (Methyl B <sub>12</sub> )	5000 mcg	83,330%

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

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

**Suitable for vegetarians/vegans.**



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

08413B5000    PROD # 118004

Distributed Exclusively by:  
**Jarrow FORMULAS<sup>®</sup>**  
Superior Nutrition and Formulation<sup>™</sup>  
P.O. Box 35994  
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