

DIRECTIONS: FOR ADULTS, TAKE ONE (1) TABLET DAILY, PREFERABLY WITH A MEAL.

As a reminder, discuss the supplements and medications you take with your health care providers.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value
Vitamin B-12 (as Cyanocobalamin) 500 mcg	8,333%

Other Ingredients: 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.

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.

Questions? Call toll free
1-888-VITAHELP (848-2435)
or visit us at
www.sundownnaturals.com



Sundown
Naturals[®]

B12

500 MCG High Potency

Supports Energy Metabolism*

VEGETARIAN FORMULA

100 TABLETS VITAMIN SUPPLEMENT

Smart Facts

The B vitamins play a role in energy metabolism in the body.* Vitamin B-12 is essential for the normal formation of blood cells and contributes to the health of the nervous system.*

*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.

KEEP OUT OF REACH OF CHILDREN. STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.



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Boca Raton, FL 33487 USA

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