

store sealed in a cool dry place

KEEP OUT OF REACH OF CHILDREN

USE ONLY IF SAFETY SEAL IS INTACT

Recommendations

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

Warning

If pregnant, consult your
physician before taking.

EXCLUDES COATINGS, BINDERS, GLUTEN
(WHEAT, RYE, BARLEY)[†], MILK/DAIRY (CASEIN,
WHEY)[†], SOY PROTEIN[†], EGG PROTEIN[†],
SUGAR.

[†]VERIFIED BY INDEPENDENT TESTING




VITAL
NUTRIENTS

Vitamin B-12
1000mcg

DIETARY SUPPLEMENT
100 VEGETARIAN CAPSULES

Supplement Facts

Serving Size: 2 vegetarian capsules

Servings Per Container: 50

	Amount Per Serving	%DV
Vitamin B12 (as methylcobalamin)	2000mcg	83,333%

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

Raw materials and finished products are
independently tested by U.S. labs.
Learn more at vitalnutrients.net

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