

**SUGGESTED USE:** Adults take 1 chewable tablet once a day or as directed by your qualified healthcare professional.

**Jarrow Formulas® Methyl B-12** is a biologically active form of vitamin B12 that helps support cellular energy production, sleep, and maintains brain health.\* Clinical studies show methyl B12 supplementation can be useful for vitamin B12 deficient people.\*

**WARNING:** Consult a healthcare professional before using this product if you are pregnant, nursing, under the age of 18, are taking medication or have a medical condition; if adverse reactions occur, discontinue use.

**KEEP OUT OF THE REACH OF CHILDREN.**

**STORE IN A COOL, DRY PLACE.**

**\* 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.**

**NOTE:** Color of product naturally varies in different shades of pink.

Lot #. Best Used Before:

**Jarrow  
FORMULAS.**



**VEGAN**

# Methyl B-12

**EXTRA STRENGTH**

**1000 MCG**

Cellular energy production\*

**+** bioactive B12

**✓** non-gmo

**🌿** gluten free

**100** CHEWABLE  
TABLETS

DIETARY SUPPLEMENT



## Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin B <sub>12</sub> (as Methylcobalamin)	1,000 mcg	41,667%

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

Distributed by Jarrow Formulas, Inc.  
Sherman Oaks, CA 91403, USA 1-866-459-4154  
No wheat, gluten, soybeans, dairy, egg, fish/shellfish, peanuts/tree nuts or sesame.

Do not use if safety seal is damaged or missing.



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APPROX.  
FILL LINE

10322B12 PROD # 118001