

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

MAXIMUM STRENGTH 5000 MCG

Cellular energy production*

- bioactive B12**
- non-gmo**
- gluten free**

**60 CHEWABLE
TABLETS**

DIETARY SUPPLEMENT



Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin B ₁₂ (as Methylcobalamin)	5,000 mcg	208,333%

Other Ingredients: Xylitol, microcrystalline cellulose, stearic acid (vegetable source), natural flavor, citric acid, magnesium stearate (vegetable source) 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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10322B5000
PROD # 118004

APPROX.
FILL LINE