

swanson.com
or call 1-800-437-4148

- Supports energy metabolism
- Essential for a healthy nervous system
- Vital for red blood cell formation

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, partially dissolve one tablet under the tongue until the cherry flavor is gone, then swallow remaining tablet with water.

Specially formulated to release over an extended period.

WARNING: For adults only. Consult your physician before using this or any product if you are pregnant or nursing, taking medication, or have a medical condition. Keep out of reach of children.

Do not use if seal is broken. 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.



B-12

Cyanocobalamin

VITAMIN B-12

Energy and Metabolism

1,000 mcg

TRIPLE ACTION

VITAMIN SUPPLEMENT | 90 TABLETS

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		% Daily Value
Vitamin B-12	1,000 mcg	41,667%
USP (as cyanocobalamin)		
Calcium (from calcium carbonate and sulfate)	50 mg	4%

Other ingredients: Sucrose, microcrystalline cellulose (plant fiber), mannitol, maltodextrin, croscarmellose sodium, stearic acid, magnesium stearate, beet juice, natural and artificial cherry flavor, modified food starch, natural flavor, citric acid, food glaze, talc, gelatin, kaolin, titanium dioxide, beeswax, carnauba wax.

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