



Bottle made from 100% post consumer recycled material.

We are committed to you and our planet. Scan to learn more.



**NATURE'S
SUNSHINE™**

Recommended Use: Take 1/4 teaspoon (1 mL) once daily. Hold under the tongue for 30 seconds before swallowing. May take one additional dose for energy.*

Shake well before using. Refrigerate after opening.

Warning: Consult your medical provider before use if you have any medical conditions or concerns.

*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.

Nature's Sunshine Products, Inc.

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Stock# 21690

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LIQUID

Methyl Vitamin B₁₂ Complete

PROMOTES ENERGY*

*Supports the Central Nervous System**

Dietary Supplement

2 FL. OZ. (59 ML)



Supplement Facts

Serving Size 1/4 teaspoon (1 mL), Servings Per Container 59, Amount Per Serving, Thiamin (vitamin B₁, mononitrate) 0.5mg (42% DV), Riboflavin (vitamin B₂) 0.85mg (65% DV), Niacin (niacinamide) 10mg (63% DV), Vitamin B₆ (pyridoxine HCl) 1mg (59% DV), Vitamin B₁₂ (methylcobalamin) 1,000mcg (41667% DV)

Other Ingredients: Water, sorbitol, vegetable glycerin, natural flavors, citric acid, sodium bicarbonate, malic acid, potassium sorbate (preservative), and sodium benzoate (preservative).



HERBAL EXPERTS *since* 1972