

ENERGY METABOLISM*

The B vitamins may play a role in protein and energy metabolism. As an essential nutrient, Vitamin B12 may play a role in maintaining proper metabolic functioning and the well-being of the nervous system. Vitamin B12 is also important for heart health.*

CAUTION: Pregnant or nursing women, individuals taking medication(s) or persons who have a health condition should consult their physician before using this product.

SAFETY-SEALED. DO NOT USE IF PRINTED SEAL UNDER CAP IS CUT, TORN, OR MISSING.

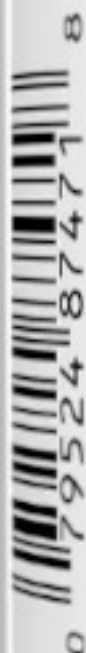
*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

Tablet color may vary.

GLUTEN FREE

FRESHNESS AND POTENCY GUARANTEED THROUGH

ACTUAL
SIZE



ACTUAL
SIZE

quick dissolve vitamin B12

5,000 mcg

may support energy metabolism
and nervous system health*



120 TABLETS

DIETARY SUPPLEMENT

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ENERGY
METABOLISM

120
TABLETS

CHERRY
FLAVOR

NATURALLY
FLAVORED

vitamin B12

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value
Vitamin B12 5000 mcg	208333%

Ingredients: Mannitol, Croscopovidone, Microcrystalline Cellulose. Contains 2% or less of cyanocobalamin, hydrogenated vegetable oil, magnesium stearate, natural cherry flavor, stearic acid, sucralose.

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Questions? Call 1-800-910-6874

Suggested Use: Adults, as a dietary supplement, dissolve one (1) tablet daily under tongue for 30 seconds, then swallow.

Keep out of the reach of children.

Store at 15° - 30° C (59° - 86° F).