SUGGESTED USE Consume one capsule daily. You can choose to increase your daily intake based upon your personal requirements or as recommended by your health care provider. **For questions about the use of this product call 800.332.7799.**

FOR OVER 40 YEARS Unsurpassed Purity, Quality and Efficacy

100% SOLAR PRODUCTION ZERO CARBON FOOTPRINT





Andrew Lessman, Founder

QUESTIONS? | REORDERS? 800.800.1200 • www.PROCAPSLABS.com



Manufactured by ProCaps Labs Henderson, NV 89011

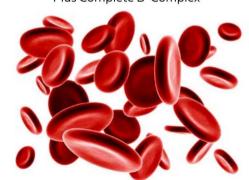
ANDREW LESSMAN





Protected for Optimum Absorption VITAMIN B12 100

100 mcg Natural Methyl B12 Plus Complete B-Complex



Dietary Supplement | **720** Easy-to-Swallow Capsules

Andrew Lessman's VITAMIN B12 100 delivers an exceptionally high potency (100 mcg) of our unique absorption-protected *methylcobalamin* (natural coenzyme Vitamin B12). Among the B-vitamins, B12 is not just the most important from a functional standpoint, but also because of its limited availability from the diet and extremely difficult absorption. Vitamin B12's challenged absorption stems from its unusually large size and complex molecular structure. Vitamin B12 is essential for energy production, including carbohydrate and fat metabolism, as well as the creation of hemoglobin, without which, vital oxygen cannot be transported throughout the body. Vitamin B12 is also required for the synthesis of our genetic material (DNA and RNA) and is therefore required for normal cell growth and development. Vitamin B12 supports heart and brain health by supporting homogysteine.

B12 supports heart and brain health by supporting homocysteine metabolism. Typical supplements deliver Vitamin B12 in the highly inferior, unnatural form of cyanocobalamin. As its name implies, cyanocobalamin can deliver trace amounts of cyanide - an undesirable toxic chemical. No quality product would use cyanocobalamin. The large molecular size of Vitamin B12 makes it highly susceptible to destruction in the digestive system, which is why our natural methylcobalamin is protected from stomach acid so it can release its benefits in the small intestine where it can be absorbed. It is the most intelligent and effective way to orally deliver B12's benefits. It is well-established that stress, aging and digestive issues reduce B12's already poor absorption, so given its critical functions, one should carefully consider supplementing this difficult to find and hard to absorb vitamin. Our Vitamin B12 overcomes all of the problems of typical B12 supplements and insures the benefits you seek in a small, easy-to-swallow capsule that is gentle to even sensitive stomachs.

that is gentle to even sensitive stomachs.

This is gentle to even sensitive stomachs.

This product is not intended to diagnose, treat, cure or prevent any disease.

CONTAINS NO ADDITIVES OR COMMON ALLERGENS

Supplement Facts Serving Size 1 Capsule Servings Per Container 720		
Amount Per Serving	erviligs Fer Cor	%DV*
Vitamin C (as calcium ascorbate)	60 mg	67%
Vitamin B1 (as thiamin hydrochloride)	5 mg	417%
/itamin B2 (as riboflavin)	5 mg	385%
Niacin (as niacinamide)	5 mg	31%
Pantothenic Acid (as calcium pantothena	ate) 5 mg	100%
Vitamin B6 (as pyridoxine hydrochloride)	5 mg	294%
/itamin B12 (as methylcobalamin - protected Coenzy	100 mcg /me B12)	4,167%
Folate Complex 33 mcg DFE (12. (as L-5-methyltetrahydrofolate/folic acid		cid) 8%

Other Ingredients: Gelatin capsule, Proprietary Protective Methyl B12 Matrix.

CONTAINS NO Milk, soy, yeast, corn, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative, common allergens, genetically modified (GMO) ingredients or manufacturing additives.

Calcium (as calcium carbonate/ascorbate)

Percent Daily Values (%DV) are based on a 2,000 calorie diet

Magnesium (as magnesium oxide)

50 mcg

60 mg

30 mg

167%