

USAGE: Dissolve in mouth or chew 1 lozenge per day or as directed by your qualified healthcare professional.

NOTE: If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

Methylcobalamin (Methyl B-12) is better absorbed and retained than other forms of B₁₂ (e.g., cyanocobalamin).* Methyl B-12 supports nerve tissue and brain cells, promotes better sleep and converts (via methylation) homocysteine, a potentially-toxic intermediate, to the essential amino acid methionine.* Also, vegetarians/vegans may require B₁₂ supplementation.*

Keep out of the reach of children.

* 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.

Lot #. Best Used Before:

Jarrow[®]
FORMULAS

Methyl B-12

Supports Brain Cells*
and Nerve Tissue*

1000 | 100
MICROGRAMS LOZENGES

DIETARY
SUPPLEMENT



lemon
flavor

Supplement Facts

Serving Size 1 Lozenge Servings Per Container 100

Amount Per Serving	% DV
Methylcobalamin (Methyl B ₁₂)	1000 mcg 16,666%

Other Ingredients: Xylitol, cellulose, stearic acid (vegetable source), natural lemon flavor, magnesium stearate (vegetable source), citric acid and silicon dioxide.

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

Suitable for vegetarians/vegans.



NOTE: Color of product naturally varies in different shades of pink.

01414B12 PROD # 118001

Distributed Exclusively by:
Jarrow FORMULAS[®]
Superior Nutrition and Formulation[™]
P.O. Box 35994
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www.Jarrow.com



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