

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
F O R M U L A S

Methyl B-12

The Superior Form
of B₁₂ Methylcobalamin

**Supports Brain Cells^{*}
and Nerve Tissue^{*}**

1000
MICROGRAMS

100
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.

Distributed Exclusively by:

Jarrow FORMULAS[®]
Superior Nutrition and Formulation™
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www.Jarrow.com

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