

A water-soluble vitamin, **B-12** is essential for proper energy metabolism, nerve and mental function, red blood cell formation, and cardiovascular health. It is important for everyone, but especially for vegetarians and seniors who tend to be lacking in B-12.[†]

Prolonged release is an advanced manufacturing technique which allows nutrients to be released slowly (over approximately 2-4 hours) promoting optimal assimilation.

**WE GUARANTEE OUR SUPPLEMENTS
FOR POTENCY AND PURITY**

To report a serious adverse event, call 1-888-710-0006

[†] 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.



Harmonía

Prolonged Release
B-12
1,000 mcg
Supports Metabolism
and Healthy Red Blood Cells[†]
Dietary Supplement
60 TABLETS



Manufactured for: Harmonía, LLC
Milwaukee, WI 53211

Supplement Facts

Serving Size 1 Tablet

Servings Per Container 60

Amount Per Serving		% Daily Value
Vitamin B12		
(as cobalamin)	1,000 mcg	16,667%
Calcium (from di-calcium phosphate)		
	103 mg	10%

Other Ingredients: Cellulose, stearic acid (vegetable source), silica, calcium stearate (vegetable source), glycerin.

SUGGESTED USE: Take one tablet daily with food.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish.

KEEP OUT OF REACH OF CHILDREN. VL 205-60L