

KEEP THINGS MOVING

What's inside

Vitamin B12

An essential vitamin that plays a crucial role in energy metabolism and healthy digestion*

Chromium

An essential trace mineral that plays an important role in maintaining healthy blood sugar levels*

Selenium

A trace mineral essential for metabolism regulation and maintaining thyroid function*

WITH
APPLE CIDER
VINEGAR

METABOLISM

Supports digestive health
and metabolism*

VITAMIN B12 · APPLE CIDER VINEGAR
CHROMIUM · SELENIUM

60 CAPSULES | DIETARY SUPPLEMENT



NON-GMO



GLUTEN-FREE



NO SYNTHETIC
COLORS OR FLAVORS

Supplement Facts

Serving Size: 2 Capsules
Servings per Container: 30

	Amount per Serving	% DV [†]
Vitamin B12 (as Cyanocobalamin)	24 mcg	1000 %
Selenium (as Sodium Selenite)	55 mcg	100 %
Chromium (as Chromium Picolinate)	35 mcg	100 %
Apple Cider Vinegar	200 mg	†

[†]Daily Value (DV) not established.

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, HYDROXYPROPYL METHYLCELLULOSE, MALTODEXTRIN, MAGNESIUM STEARATE, SILICON DIOXIDE

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MANUFACTURED IN CHINA



Daily
Wellness
Essentials



byhabit.com

Suggested Use (Adults): Take 2 capsules daily with food or as directed by your healthcare professional.

Take only as directed. If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use.

KEEP OUT OF REACH OF CHILDREN

Store in a cool dry place. Do not use if inner seal is broken or missing. See lot no. and expiry date on bottom of bottle.

Processed in a facility with products that may contain milk, soy, fish, shellfish and wheat.



REMOVE
SEAL AND
LABEL
BEFORE
RECYCLING

#108148



1.0

*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.

FILL LINE 1