

SUGGESTED USE: As a dietary supplement, take 1 capsule per day.

CAUTION: Do not exceed recommended dose. Pregnant or nursing mothers, children under the age of 18, and individuals with known medical conditions should consult a physician before using this or any dietary supplement.

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.

DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE, WITH A LID.

Developed and distributed by **Dr. Eric Berg DC**

To reorder: shop.drberg.com (800) 816-8184

Dr. Berg Nutritionals®

4501 Ford Avenue, Alexandria, VA 22302



Dr. Berg®

THE KNOWLEDGE DOC®

NATURAL VITAMIN B12

Methylcobalamin
With B Complex Blend

60 Capsules

Dietary Supplement

Supplement Facts

Serving size 1 capsule

Servings per container 60

	Amount per Serving	%DV
Thiamin	0.1 mg	8%
Riboflavin	0.1 mg	8%
Niacin	2 mg	13%
Vitamin B6	0.2 mg	12%
Folate	44 mcg DFE	11%
Vitamin B12	1000 mcg	41667%
Biotin	3.3 mcg	11%
Pantothenic acid	0.5 mg	10%
Magnesium	20 mg	5%

Ingredients: Magnesium citrate, L-leucine, vegetable capsule, B vitamin complex blend (broccoli (flower and stem), carrot (root), spinach (leaf), sunflower seed, chlorella), methylcobalamin