



ONCE DAILY
DIETARY SUPPLEMENT

90 Tablets

ASCYANOCOBALAMIN

B12 500 mcg

Thompson
SINCE 1932

WARNING: Do not use if safety seal is broken or missing. Keep out of reach of children. Keep your licensed health care practitioner informed when using this product.

Directions: Use only as directed. Take one tablet up to three times daily. Store in a cool, dry place.

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin B-12 (as cyanocobalamin)	500 mcg	8,333%

Other Ingredients: Cellulose, rice flour, silica and stearic acid.

Discussion: B-12 is necessary for the formation and maintenance of red blood cells. B-12 is essential for the formation of nerve tissue and is important for healthy cardiovascular function. B-12 supplementation may help prevent B-12 deficiency in strict vegetarians and persons with impaired absorption, especially persons over 50 years of age.

Our own laboratory analysis guarantees purity and freshness of all Thompson® products.

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Comments or Questions:

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