

For people with B12 deficiencies it is popular to have injectable vitamin B12; however, research supports that oral administration of an appropriate dosage has been shown to produce as good of results as injectable preparations in treating vitamin B12 deficiency.*

In people with low levels of B12, supplementation is very effective in improving energy levels and restoring mental function.* B12 supplementation is recommended for vegetarians and those suffering from B12 deficiency.*

Check with your doctor or health professional on what is the best form and potency for you.

B12

Methylcobalamin

BIOLOGICALLY ACTIVE
FORM OF B12

Quick Dissolve

180 Chewable Tablets

**natural
Factors**

1000 mcg

Suggested usage: Chew and dissolve before swallowing 1 tablet under the tongue per day or as directed by a health professional. Keep out of the reach of children.

Methylcobalamin is active immediately upon absorption, while other forms (e.g., cyanocobalamin) must be converted to methylcobalamin in a two-step process. Methylcobalamin demonstrates exceptional activity in areas where other forms are simply not active. B12 supplementation is recommended for vegetarians and those suffering from B12 deficiency.*

Manufactured by Natural Factors to ensure safety and potency in accordance with Good Manufacturing Practices (GMP) of the FDA and Health Canada.

Contains no artificial colors, preservatives, or sweeteners; no starch, wheat, gluten, yeast, soy, corn, egg, fish, shellfish, salt, tree nuts, or GMOs. Suitable for vegetarians. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin B12 (methylcobalamin)	1000 mcg	16,667%

Other ingredients: Lactose (from milk), microcrystalline cellulose, croscarmellose sodium, magnesium stearate (vegetable grade).

PRODUCT OF CANADA
Manufactured by Natural Factors Canada
Distributed By NATURAL FACTORS
14224 167th Avenue SE
Monroe, WA 98272

 Recyclable container and label.

**Purity & Potency
Guaranteed**



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