

USAGE: Dissolve in mouth or chew 1 lozenge per day or as directed by your qualified healthcare professional.

NOTE: If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

Methylcobalamin (Methyl B-12) is better absorbed and retained than other forms of B₁₂ (e.g., cyanocobalamin).^{*} Methyl B-12 supports nerve tissue and brain cells, promotes better sleep and converts (via methylation) homocysteine, a potentially-toxic intermediate, to the essential amino acid methionine.^{*} Also, vegetarians/vegans may require B₁₂ supplementation.^{*}

Keep out of the reach of children.

^{*} 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.

Lot #: Best Used Before:

Jarrow
FORMULAS

Methyl B-12

Methylcobalamin—The Superior Form of B₁₂

Supports Brain Cells^{*}
and Nerve Tissue^{*}

500

MICROGRAMS

100

LOZENGES

DIETARY

SUPPLEMENT



cherry
flavor

Supplement Facts

Serving Size 1 Lozenge Servings Per Container 100

	Amount Per Serving	% DV
Methylcobalamin (Methyl B ₁₂)	500 mcg	8,333%

Other Ingredients: Xylitol, cellulose, stearic acid (vegetable source), natural cherry flavor, citric acid and magnesium stearate (vegetable source).

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

Suitable for vegetarians/vegans.



NOTE: Color of product naturally varies from light pink to red.

04114BMCG PROD # 118015

Distributed Exclusively by:
Jarrow FORMULAS™
Superior Nutrition and Formulation™
P.O. Box 35994
Los Angeles, CA 90035-4317
www.Jarrow.com



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