

Vitamin B-12 is essential for the normal formation of blood cells and contributes to the health of the nervous system.* In addition, the B vitamins play a role in energy metabolism in the body.*

No Artificial Color or Flavor, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.



Nutrition Questions or Comments?
Call NutraPhone® 1-800-433-2990
Mon. - Fri. 9 AM - 7 PM ET

For educational health tips and to join our money saving Healthy Rewards™ program, visit www.NaturesBounty.com

*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.



Healthy you
Healthy earth

Prod. No. 2050 B2050 11D

NATURE'S BOUNTY®

TIME RELEASED

VITAMIN

B-12
1500mcg

Promotes Energy
Metabolism &
Heart Health*

COATED
FOR EASY
SWALLOWING



100 tablets VITAMIN SUPPLEMENT

DIRECTIONS: For adults, take one (1) to three (3) tablets daily, preferably with a meal.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value
Vitamin B-12 1,500 mcg (1.5 mg) (as Cyanocobalamin)	25,000%

Other Ingredients: Dicalcium Phosphate, Vegetable Cellulose, Vegetable Stearic Acid.
Contains <2% of: Silica, Vegetable Magnesium Stearate.

Suitable for Vegetarians

WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

Carefully Manufactured by
NATURE'S BOUNTY, INC.

Bohemia, NY 11716 U.S.A.

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