

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

Suitable for Vegetarians



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](http://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. 1370 B12605 09C

NATURE'S BOUNTY®

# VITAMIN B-12 500mcg

Promotes  
Energy  
Metabolism\*



100 tablets VITAMIN SUPPLEMENT

**DIRECTIONS:** For adults, take one (1) to five (5) tablets daily, preferably with meals.

## Supplement Facts

Serving Size 1 Tablet

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

**Other Ingredients:** Dicalcium Phosphate, Vegetable Cellulose, Vegetable Stearic Acid, Silica, Vegetable Magnesium Stearate.

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.

**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.**  
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