

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

*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.



Prod. No. 1380 B1380 09F

NATURE'S  BOUNTY®

VITAMIN

B-12
1000mcg

**Promotes
Energy
Metabolism***

**COATED
FOR EASY
SWALLOWING**



100 tablets VITAMIN SUPPLEMENT

DIRECTIONS: For adults, take one (1) tablet daily, preferably with a meal.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		%Daily Value
Vitamin B-12	1,000 mcg (1 mg)	16,667%
(as Cyanocobalamin)		

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

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.
Bohemia, NY 11716 U.S.A.
© 2010 Nature's Bounty, Inc.

