

Methylcobalamin is the active, coenzyme form of Vitamin B12. While the body can readily absorb Vitamin B12 as cobalamin, it must further convert it to a coenzyme form, methylcobalamin, to become metabolically active. In this form, it is bioidentical to the predominant and active form found in the body. The "body-ready" Vitamin B12 in this formula is offered in a convenient nugget dosage form which is also suitable for vegetarians.*

Carefully Manufactured by:
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SUBLINGUAL
METHYLCOBALAMIN
(VITAMIN B 12)
5000 MCG
ACTIVE COENZYME FORM OF B 12

GLUTEN, WHEAT & DAIRY FREE

SUITABLE FOR VEGETARIANS



60 NUGGETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Nugget

Amount Per Serving	%DV
Vitamin B12 5000 mcg	83333%
(as methylcobalamin)	

DV = Daily Value

Other Ingredients: Mannitol†, Microcrystalline Cellulose, Silica, Vegetable Cellulose, Vegetable Stearic Acid, Vegetable Magnesium Stearate, Natural Cherry Flavor.

†Provides a dietarily insignificant amount of sugar alcohol.

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Preservatives and Color.

SUGGESTED USE: As a dietary supplement for adults, take one (1) nugget daily, preferably at mealtime, or as directed by a healthcare practitioner; to be placed between the cheek and gum, under the tongue (sublingually) or chewed.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement. Keep out of reach of children. Store in a cool, dry place. Do not use if outer bottle seal is missing, torn or damaged in any way.

Solgar's KOF-K certification # K-1250

*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.

