

SUGGESTED USE: SHAKE WELL before use. As a dietary supplement for adults, place one (1) mL under the tongue (sublingually) up to two times per day. Hold under tongue for 10 seconds before swallowing.

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

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer seal is missing or damaged.

Solgar's KOF-K certification #K-1250.

Carefully Manufactured by: Solgar, Inc.

500 Willow Tree Road, Leonia, NJ 07605 U.S.A.

For more information, call toll-free 1-877-SOLGAR 4

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SOLGB30333 02C

SOLGAR
Since 1947
SUBLINGUAL

LIQUID B-12
2000 MCG

WITH B-COMPLEX

GLUTEN, WHEAT & DAIRY FREE

SUITABLE FOR VEGETARIANS

2 FL. OZ. (59 mL)

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 mL

Servings Per Container: 59

Amount Per Serving	%DV
Vitamin B1 (as thiamin HCl) 4 mg	267%
Riboflavin (as riboflavin 5'-phosphate sodium) 4 mg	235%
Niacin (as niacinamide) 20 mg	100%
Vitamin B6 (as pyridoxine HCl) 10 mg	500%
Folic Acid 200 mcg	50%
Vitamin B12 2000 mcg	33,333%
(as cyanocobalamin)	
Biotin 300 mcg	100%
Pantothenic Acid (as dexpantenol) 30 mg	300%

DV = Daily Value

Other Ingredients: Vegetable Glycerin, Purified Water, Natural Flavors, Potassium Sorbate (preservative), Citric Acid.

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SOLGB30333 02E

Part Number: 22-15950

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Since 1947

SUBLINGUAL

LIQUID B-12
2000 MCG

WITH B-COMPLEX

Solgar® Sublingual Liquid B-12 2000 mcg with B-Complex is designed to provide an advantage over conventional B-Complexes by offering an easy-to-use liquid formula for anyone who has difficulty in swallowing tablets or capsules. Our liquid formula also does not need to be broken down in the digestive tract as compared to a standard pill.

As we age, absorption of key nutrients such as Vitamin B-12 can decline, which is why it is important to take a formula that is also easy to digest. **Solgar® Sublingual Liquid B-12 2000 mcg with B-Complex** is free of gluten, artificial flavors, colors and sweetener, so you receive a vitamin supplement that is also great tasting.

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