

Vitamin B12 is part of a group of essential nutrients known as the B Complex. It supports energy metabolism and promotes a healthy nervous system. Along with Folic Acid and Vitamin B6, it supports heart health by promoting healthy levels of homocysteine already within a normal range. B12 is required for the normal development and regeneration of red blood cells, which help to deliver oxygen throughout the body.*

Solgar's KOF-K certification # K-1250

Carefully Manufactured by:
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SOLGB73209 01C



VITAMIN B 12

500 MCG

ENERGY METABOLISM*
NERVOUS SYSTEM SUPPORT*

GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGETARIANS



250 VEGETABLE CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Vegetable Capsule

Amount Per Serving	%DV
Vitamin B12 500 mcg (as cobalamin)	8333%

DV = Daily Value

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Vegetable Magnesium Stearate, Silica.

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

SUGGESTED USE: As a dietary supplement for adults, take one (1) vegetable capsule daily, preferably with a meal or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medications or have a 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 bottle seal is missing or damaged.

*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.

