

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. B12 is required for the normal development and regeneration of red blood cells, which help to deliver oxygen throughout the body. In addition, B12 is involved in DNA synthesis and renewal.\*

Carefully Manufactured by:

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SOLGB73220 00B



# VITAMIN B 12 500 MCG

ENERGY METABOLISM\*  
NERVOUS SYSTEM SUPPORT\*

GLUTEN, WHEAT & DAIRY FREE  
SUITABLE FOR VEGETARIANS

100 TABLETS

DIETARY SUPPLEMENT



## Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	%DV
Vitamin B12 500 mcg (as cobalamin)	8333%
Calcium 130 mg (as dicalcium phosphate)	13%

DV = Daily Value

Other Ingredients: Dicalcium Phosphate, Microcrystalline Cellulose, Vegetable Stearic Acid, Vegetable Cellulose, 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) to two (2) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner.

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.

