

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. In addition, B12 is involved in DNA synthesis and renewal.*

*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.

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, www.solgar.com

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SUBLINGUAL VITAMIN B 12 1000 MCG

GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGETARIANS



100 NUGGETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Nugget

Amount Per Serving	%DV
Vitamin B12 1000 mcg (as cobalamin)	16667%

DV = Daily Value

Other Ingredients: Mannitol, Vegetable Stearic Acid, Vegetable Cellulose, Natural Cherry Flavor with Other Natural Flavors, Vegetable Magnesium Stearate.

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 with a meal 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 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 bottle seal is missing or damaged.

Solgar's KOF-K certification # K-1250

