

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:
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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SOLGB73229 00B



SUBLINGUAL VITAMIN B 12 1000 MCG

GLUTEN, WHEAT & DAIRY FREE

SUITABLE FOR VEGETARIANS



250 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 Magnesium Stearate, Vegetable Stearic Acid, Vegetable Cellulose, Natural Cherry Flavor with Other Natural Flavors.

†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.

