

Exp. Date

Control No.:

Directions: Adults: take one (1) tablet daily before or after meals, or as directed by your healthcare professional. 1. **(Oral/Mucosal):** Partially dissolve tablet under tongue so that the Vitamin B-12 can be immediately absorbed through the oral mucosa. 2. **(Gastric):** After the flavor is no longer perceptible, swallow the tablet with water, and it will be further absorbed in the stomach. 3. **(Enteric):** The Vitamin B-12 will then be released in the upper portion of the small intestines where it is best absorbed. Keep bottle tightly closed. Store between 15°-30°C (59°-86°F) **TAMPER RESISTANT – DO NOT USE IF IMPRINTED SAFETY SEAL UNDER CAP IS BROKEN OR MISSING. - KEEP OUT OF REACH OF CHILDREN**



To report a serious adverse event or to obtain product information contact

1-800-866-0978

Manufactured in a cGMP Facility in the U.S.A.

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Westbury, NY

11590

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HEALTH THRU NUTRITION™

Naturally



Triple Action Vitamin B12

Supports Energy Production
Triple Stage Delivery for
Optimum Absorption

**GLUTEN
FREE**

60

Tablets

Dietary Supplement



1000mcg

Supplement Facts

Serving Size: 1 Triple Release Tablet

	Amount Per Serving	% Daily Value
Vitamin B-12 (cyanocobalamin)	1000 mcg	16,667%
Calcium (as calcium carbonate & sulfate)	50 mg	5%

Other Ingredients: Sucrose, microcrystalline cellulose, mannitol, maltodextrin, croscarmellose sodium, stearic acid, magnesium stearate, beet juice, S.D. cherry flavor, modified food starch, Magnasweet®, citric acid, pharmaceutical glaze, talc, pelatin, kaolin, titanium dioxide, beeswax and carnauba wax.

Free of: milk, egg, fish, shellfish, tree nuts, wheat/gluten, peanuts, and soy.

Caution: Before using any dietary supplement, pregnant or lactating women should consult with a physician or health professional.

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The information on this label has not been evaluated by the food and drug administration. This product is not intended to diagnose, treat, cure or prevent any disease.