

USAGE: Dissolve in mouth or chew 1 lozenge per day or as directed by your qualified healthcare professional.

NOTE: If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

Methylcobalamin (Methyl B-12) is better absorbed and retained than other forms of B₁₂ (e.g., cyanocobalamin).^{*} Methyl B-12 **supports nerve tissue** and **brain cells**, promotes better sleep and recycles (via methylation) homocysteine, an oxidizing metabolite, back into the amino acid methionine.^{*} Also, vegetarians/vegans often require B₁₂ supplementation.^{*}

Keep out of the reach of children.

^{*} 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.

Lot #. Best Used Before:

Jarrow
FORMULAS

Methyl B-12

Methylcobalamin—The Superior Form of B₁₂

**Supports Brain Cells^{*}
and Nerve Tissue^{*}**

2500
MICROGRAMS

100
LOZENGES

**DIETARY
SUPPLEMENT**



**tropical
flavor**

Supplement Facts

Serving Size 1 Lozenge Servings Per Container 100

	Amount Per Serving	% DV
Methylcobalamin (Methyl B ₁₂)	2500 mcg	41,670%

Other Ingredients: Xylitol, cellulose, natural tropical flavor, ascorbic acid, stearic acid (vegetable source), and silicon dioxide.

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

Suitable for vegetarians/vegans.



NOTE: Color of product naturally varies in different shades of pink. 02115B2500 PROD # 118016



Distributed Exclusively by:
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