

A water-soluble vitamin, **B-12** is essential for proper energy metabolism, nerve and mental function, red blood cell formation, and cardiovascular health. It is important for everyone, but especially for vegetarians and seniors who tend to be lacking in B-12.[†]

Offering twice as much absorption as other forms, our unique ion-exchange resin protects vitamin B-12 from gastric acid of the stomach, delivering the nutrient to the small intestine where absorption takes place.

**WE GUARANTEE OUR SUPPLEMENTS
FOR POTENCY AND PURITY**

To report a serious adverse event, call 1-888-710-0006

[†] 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.

Double Absorption

VITAMIN B-12

500 mcg

Helps Maintain Cardiovascular Health[†]

Dietary Supplement

100 TABLETS



Supplement Facts

Serving Size 1 Tablet Servings Per Container 100

Amount Per Serving	% Daily Value
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Vitamin B12 (as cobalamin concentrate)	500 mcg 8,333%
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Other Ingredients: Lactose (milk), resin, cellulose, calcium stearate (vegetable source).

SUGGESTED USE: Take one tablet daily with food.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish.

KEEP OUT OF REACH OF CHILDREN. 204-100L



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