

ITEM #1370
B12605 14K



ACTUAL
SIZE



Vitamin B-12

500 mcg

**Supports Energy Metabolism
and Nervous System Health***

Dietary Supplement

100 TABLETS



Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value	
Vitamin B-12 (as Cyanocobalamin)	500 mcg	8,333%

Other Ingredients: Vegetable Cellulose, Vegetable Stearic Acid.
Contains <2% of: Silica, Vegetable Magnesium Stearate.

**No Gluten, No Yeast, No Wheat,
No Milk or Milk Derivatives,
No Lactose, No Soy, No Egg,
No Grapefruit, No Fish,
No Sugar, No Starch,
No Preservatives, No Artificial Color,
No Artificial Flavor, No Sodium.**

***These statements have not been
evaluated by the FDA. This product
is not intended to diagnose, treat,
cure or prevent any disease.**

Directions: For adults, take one (1) tablet one to five times daily, preferably with meals.

Vitamin B-12 is essential for the normal formation of blood cells and contributes to the health of the nervous system.* In addition, this vitamin plays a role in energy metabolism in the body.*

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

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