

OVER 40 YEARS OF TRUSTED QUALITY

At Nature's Bounty, we are committed to your health. For over 40 years we have been making trusted products, backed by science, and made with only the purest ingredients...guaranteed. So you can get the most out of life every day.



- ✓ Coated Tablets
- ✓ Guaranteed Quality
- ✓ Laboratory Tested

Vitamin B-12 supports energy by converting food into energy.*

Non-GMO, No Artificial Color, No Artificial Flavor, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free. Suitable for Vegetarians.

Nutrition Questions or Comments?
Call 1-800-433-2990
Mon. - Sat. 9 AM - 7 PM ET

Join our Loyalty Program at
NaturesBountyRewards.com

Prod. No. 1380 B1380 131



NATURE'S BOUNTY®

B-12
1000mcg

Aids in the Conversion of
Food into Energy*

ENERGY HEALTH



100 Coated Tablets

VITAMIN SUPPLEMENT

DIRECTIONS: For adults, take one (1) tablet daily, preferably with a meal.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value	
Vitamin B-12 (as Cyanocobalamin)	1,000 mcg	16,667%

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

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.

★ **Made In The USA** with select ingredients from around the world

*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.

Carefully Manufactured by **NATURE'S BOUNTY, INC.**
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