

Methylcobalamin is the active, co-enzyme form of Vitamin B12. While the body can readily absorb Vitamin B12 as cobalamin, it must further convert it to a coenzyme form to become metabolically active. In this form, it is bioidentical to one of the two active forms found in the body. The "body-ready" Vitamin B12 in this formula is offered in a convenient nugget dosage form which is also suitable for vegans.

Carefully Manufactured by:
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**SUBLINGUAL
METHYLCOBALAMIN
(VITAMIN B 12)
5000 MCG
ACTIVE COENZYME FORM OF B 12**

GLUTEN, WHEAT & DAIRY FREE

SUITABLE FOR VEGANS

30 NUGGETS

DIETARY SUPPLEMENT



Supplement Facts

Serving Size: 1 Nugget

Amount Per Serving	%DV
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Vitamin B12	5000 mcg	83333%
(as methylcobalamin)		

DV = Daily Value

Other Ingredients: Mannitol†, Microcrystalline Cellulose, Vegetable Stearic Acid, Silica, Natural Cherry Flavor, Vegetable Cellulose, Vegetable Magnesium Stearate.

†Provides a dietarily insignificant amount of sugar alcohol.

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Preservatives and Color.

SUGGESTED USE: As a dietary supplement for adults, take one (1) nugget daily, preferably with a meal or as directed by a healthcare practitioner; place nugget under tongue for 30 seconds before swallowing.

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

Solgar's KOF-K certification #K-1250

