



High Potency

Vitamin B-12

1000mcg

DIETARY SUPPLEMENT

HELPS MAINTAIN ENERGY METABOLISM*

100 COATED TABLETS



Supplement Facts

Serving Size 1 Tablet

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

OTHER INGREDIENTS: DICALCIUM PHOSPHATE, MANNITOL, CELLULOSE (PLANT ORIGIN), CROSCARMELOSE, VEGETABLE STEARIC ACID. CONTAINS LESS THAN 2% OF: CELLULOSE COATING, SILICA, VEGETABLE MAGNESIUM STEARATE.

Trans Fat 0g

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.

FREE OF: yeast, wheat, gluten, milk or milk derivatives, lactose, sugar, preservatives, soy, artificial color, artificial flavor, sodium (less than 5 mg per serving).

Keep out of reach of children. Store at room temperature 15°-30° C (59°-86° F), tightly closed. Safety Sealed. Do Not Use If Seal Under Cap Is Cut, Torn or Missing.

Vitamin B-12 plays a role in energy metabolism in the body and is part of a triad of vitamins – along with Folic Acid and Vitamin B-6 – that work together to support heart health.* Vitamin B-12 also contributes to the health of the nervous system.*

DIRECTIONS: For adults, take one (1) tablet daily, preferably with a meal. As a reminder, discuss the supplements and medications you take with your health care providers.

*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.

Distributed By: Wakefern Food Corp.
5000 Riverside Drive, Keasbey, NJ 08832 ©2016

QUALITY GUARANTEE

Call: 1-800-ShopRite
or Contact Us: www.shoprite.com

Actual size
of tablet