

Vitamin B-12 is essential for the normal formation of blood cells and contributes to the health of the nervous system.* In addition, the B vitamins help convert food into energy for the body.*

Suitable for Vegetarians

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

For educational health tips and to join our money saving Healthy Rewards™ program, visit
www.NaturesBounty.com

*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.



Prod. No. 1471 B1471 15H

NATURE'S BOUNTY

QUICK DISSOLVE

B-12
5000mcg

**Supports Energy &
Nervous System Health***



30 quick dissolve
tablets

VITAMIN SUPPLEMENT

DIRECTIONS: For adults, take one (1) quick dissolve tablet daily. Place quick dissolve tablet under tongue for 30 seconds before swallowing.

Supplement Facts

Serving Size 1 Quick Dissolve Tablet

Amount Per Serving		%Daily Value
Vitamin B-12	5,000 mcg (5 mg)	83,333%
(as Cyanocobalamin)		
Coenzyme B-12	100 mcg	**
(as Dibenzoyl)		

**Daily Value not established.

Other Ingredients: Mannitol, Croscovidone, Vegetable Stearic Acid, Natural Cherry Flavor. **Contains <2% of:** Beet Juice Color, Sucralose, Vegetable Magnesium Stearate.

No Artificial Flavor, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Yeast, No Fish. Sodium Free.

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.

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