

VALUE SIZE 400 TABLETS



B12
1000 mcg
ENERGY METABOLISM*
DIETARY SUPPLEMENT

Actual Product
Size on Side Panel

400 TABLETS

Supports
Heart & Nervous
System Health*

*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.

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.

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), Croscarmellose, Vegetable Stearic Acid. Contains <2% of: Cellulose Coating, Silica, Vegetable Magnesium Stearate.

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V-19514



Vitamin B12 supports healthy blood cells and nervous system health.* It is also involved in energy metabolism by converting food into energy.*

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 AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

No yeast, wheat, gluten, milk or milk derivatives, lactose, sugar, preservatives, soy, artificial color, artificial flavor, salt.

Vegetarian Formula

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Actual
Size

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Prod. No.
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