

VALUE

SIZE

FINEST
NUTRITION

NERVOUS SYSTEM HEALTH*

B-12 VITAMIN

500 mcg

PER TABLET

SUPPORTS ENERGY METABOLISM*

DIETARY
SUPPLEMENT

300 TABLETS • ONE PER DAY

NO YEAST, NO WHEAT,
NO GLUTEN, NO MILK
OR MILK DERIVATIVES,
NO LACTOSE,
NO SUGAR,
NO PRESERVATIVES,
NO SOY, NO ARTIFICIAL
COLOR, NO ARTIFICIAL
FLAVOR, NO SODIUM.

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ITEM 148274 W10093-0716-F

USE ONLY IF INNER SEAL IS NOT
BROKEN OR MISSING.

SUGGESTED USE: As a dietary supplement
for adults, take one (1) tablet daily with the
meal of your choice.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value	
Vitamin B-12 (as Cyanocobalamin)	500 mcg	8,333%

OTHER INGREDIENTS: Cellulose (Plant
Origin), Mannitol, Croscarmellose,
Vegetable Stearic Acid. Contains <2% of:
Silica, Vegetable Magnesium Stearate.

WARNING: If you are pregnant, nursing
a baby or considering becoming
pregnant, ask a doctor before using this
product. If you take a prescription
medication or have any medical
condition, consult a physician before
using this product.

Keep out of reach of children.
Store at room temperature, tightly closed.
Laboratory tested to release nutrient
within 30 minutes.

Vitamin B-12 contributes to normal
nervous system function.*

*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.

Questions or comments? 1-800-925-4733

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FRESHNESS & POTENCY GUARANTEED THROUGH: