

**Directions:** Take 1 tablet daily as a dietary supplement or as directed by a healthcare professional.

**KEEP OUT OF REACH OF CHILDREN.**  
Protect from heat, light and moisture.  
Store in a cool, dry place.

**MADE IN THE U.S.A.**

† 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.



**NO** SUGAR, STARCH, YEAST, WHEAT, MILK, SOY,  
ARTIFICIAL COLORS, FLAVORS OR PRESERVATIVES

**FOODS PLUS.**

*Since 1962*

# Vitamin B-12

## 100 mcg

PRESERVATIVE FREE  
NON GMO  
GLUTEN-FREE

essential nutrient

promotes energy metabolism†

**100**  
TABLETS

DIETARY SUPPLEMENT

### Supplement Facts

Serving Size: 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin B12 (as cyanocobalamin)	100 mcg	1,667%

**Other Ingredients:** Dicalcium phosphate, microcrystalline cellulose, stearic acid, croscarmellose sodium and magnesium stearate.

Distributed by: Foods Plus®

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