



**NATURALIST®**

# B12

## 500mcg

Supports Heart and Nervous System Health\*

**75 TABLETS**

Dietary Supplement



## Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		%Daily Value
Vitamin B-12 (as Cyanocobalamin)	500 mcg	20,833%

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

### IMPORTANT FACTS YOU SHOULD KNOW

Vitamin B-12 supports healthy blood cells and is also involved in energy metabolism and nervous system health.\*

**DIRECTIONS:** FOR ADULTS, TAKE ONE (1) TABLET DAILY, PREFERABLY WITH A MEAL.

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

### Vegetarian Formula

**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.**

\*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.

Quality Guaranteed Lab Tested  
Laboratory tested to meet strict quality control standards for potency, purity and disintegration. 100% Quality Guaranteed.

Manufactured by Rexall Sundown, Inc.  
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ACTUAL SIZE