

**USAGE:** Dissolve in mouth or chew 1 lozenge every 3 or 4 days with a meal or as directed by your qualified health care consultant.

**NOTE:** If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your health care practitioner before using this product.

**Methylcobalamin (Methyl B-12) is better absorbed and retained than other forms of B<sub>12</sub> (e.g., cyanocobalamin).\*** Methyl B-12 **protects nerve tissue and brain cells**, promotes better sleep and reduces toxic homocysteine to the essential amino acid methionine.\* Also, vegetarians/vegans typically require B<sub>12</sub> supplementation.\*

**Keep out of the reach of children.**

\* 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.



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# Methyl B-12 5000 MCG

**The Superior Form  
of B<sub>12</sub>: Methylcobalamin**

**Protects Brain Cells and  
Nerve Tissue\***

**Suitable for Vegetarians/Vegans  
5000 mcg 60 Lozenges  
Dietary Supplement**

## **Supplement Facts**

<b>Serving Size 1 Lozenge</b>	<b>Servings Per Container 60</b>
<b>Amount Per Lozenge</b>	<b>% DV</b>
Methylcobalamin (Methyl B <sub>12</sub> )	5000 mcg 83,330%

Other Ingredients: Xylitol, cellulose, stearic acid (vegetable source), cherry flavor, citric acid and magnesium stearate (vegetable source). **Suitable for vegetarians/vegans.**

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

NOTE: Color of product naturally varies from light pink to red.



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Lot #: Best Used Before: