

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 B₁₂ (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 B₁₂ 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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Jarrow FORMULAS®

Methyl B-12

5000 MCG

The Superior Form
of B₁₂: Methylcobalamin

**Protects Brain Cells and
Nerve Tissue***

Suitable for Vegetarians/Vegans

5000 mcg 60 Lozenges
Dietary Supplement

Supplement Facts

Serving Size 1 Lozenge Servings Per Container 60

	Amount Per Lozenge	% DV
Methylcobalamin (Methyl B ₁₂)	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.



Distributed Exclusively by:
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P.O. Box 35994
Los Angeles, CA 90035-4317
www.Jarrow.com

Lot #: Best Used Before: