

**Puritan's Pride®** supplements are produced from the finest raw materials under stringent quality control standards. State-of-the-art manufacturing and packaging facilities ensure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

**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. Do not use if seal under cap is broken or missing.



When choosing a B-12 supplement, look for the exclusive Ener-B® name. It's your guarantee that the B-12 in the product is of the highest quality.

**TO REORDER ITEM # 1373**  
[www.puritan.com](http://www.puritan.com)  
1-800-645-1030

Carefully Manufactured by  
**PURITAN'S PRIDE, INC.**  
Ronkonkoma, NY 11779 U.S.A.  
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Puritan's Pride

Vitamin  
**B-12**  
500mcg  
Ener-B®

**B**

250  
Tablets

VEGETARIAN VITAMIN SUPPLEMENT

**DIRECTIONS:** For adults, take one (1) tablet daily, preferably with a meal.

## Supplement Facts

Serving Size 1 Tablet

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

**Other Ingredients:** Vegetable Cellulose, Vegetable Stearic Acid. **Contains <2% of:** Silica, Vegetable Magnesium Stearate.

**No Artificial Color or Flavor, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.**