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Puritan's Pride

Methylcobalamin  
Vitamin

**B-12**  
1000mcg

**B**

**30**  
Microlozenges

VEGETARIAN DIETARY SUPPLEMENT

**DIRECTIONS:** For adults, take (1) microlozenge daily, preferably with a meal. Place microlozenge under tongue for 30 seconds before swallowing.

## Supplement Facts

Serving Size 1 Microlozenge

Amount Per Serving		%Daily Value
Vitamin B-12 (as Methylcobalamin)	1,000 mcg	41,667%

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

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

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.

**TO REORDER ITEM # 32861**  
[www.puritan.com](http://www.puritan.com)  
1-800-645-1030

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