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1-888-462-2548

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Distributed by:  
General Nutrition Corporation  
Pittsburgh, PA 15222



**GNC**

**VITAMIN  
B-12  
1000 MCG**

**Essential for carbohydrate metabolism  
& energy production\***

**Timed-Release**

**DIETARY SUPPLEMENT  
90 VEGETARIAN CAPLETS**

CODE 016924

BRG

**Directions:** As a dietary supplement, take one caplet daily. For maximum benefits, take as directed every day.

**Supplement Facts**

Serving Size One Caplet

| Amount Per Serving                  | % Daily Value |        |
|-------------------------------------|---------------|--------|
| Vitamin B-12<br>(as Cyanocobalamin) | 1000 mcg      | 16667% |

**Other Ingredients:** Dicalcium Phosphate, Cellulose, Calcium Carbonate, Vegetable Stearate, Food Glaze, Whole Brown Rice Powder (*Oryza sativa*).

Potency verified by GNC procedure #5037. Conforms to USP <2091> for weight. Disintegrates over 5 hours for timed-release benefit.

No Sugar, No Artificial Colors, No Artificial Flavors,  
No Preservatives, Sodium Free, No Wheat, Gluten Free,  
No Dairy, Yeast Free.

**KEEP OUT OF REACH OF CHILDREN.**

Store in a cool, dry place.

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**\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

Lot No./Best By: