DIETARY SUPPLEMENT



Suggested usage: Chew or dissolve 1 tablet per day in the mouth before swallowing or as directed by a health professional.

Cautions: As with any supplement, consult your health professional before use if you are pregnant, breastfeeding or trying to conceive, or if you are taking medication, have a medical condition or anticipate a surgery. Keep out of the reach of children.

Methylcobalamin (vitamin B12) is active immediately upon absorption, while other forms (e.g., cyanocobalamin) must be converted to methylcobalamin in a two-step process. Methylcobalamin demonstrates exceptional activity in areas where other forms are simply not active. B12 supplementation is recommended for vegetarians and those with B12 deficiency.* It helps form red blood cells, prevents vitamin B12 deficiency and helps maintain good health.*

Manufactured by Natural Factors to ensure safety and potency in accordance with Good Manufacturing Practices (GMP) of the FDA and Health Canada.

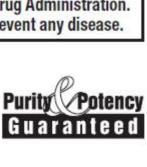
Contains no artificial colors, preservatives, or sweeteners; no starch, wheat, gluten, yeast, soy, corn, egg, fish, shellfish, salt, tree nuts, or GMOs. Suitable for vegetarians. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

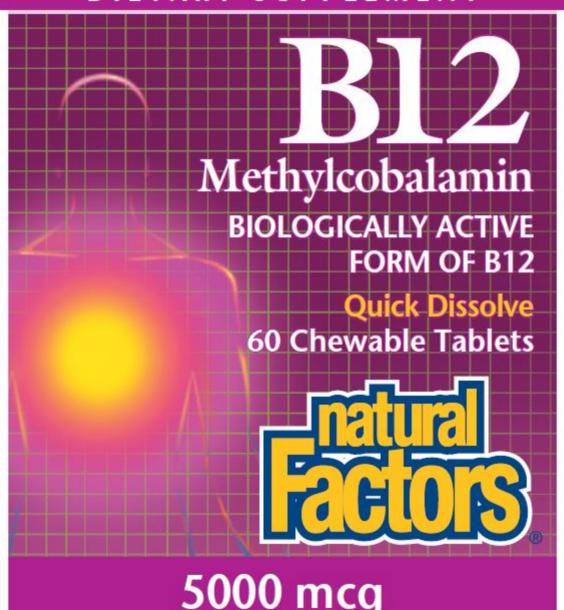
* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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Recyclable container and label.







Supplement Facts

Serving Size 1 Tablet

% Daily Value **Amount Per Serving** Vitamin B12 (methylcobalamin) 83,333% 5000 mcg

Other ingredients: Lactose, microcrystalline cellulose, croscarmellose sodium, magnesium stearate (vegetable grade).

Contains milk.

LOT & EXPIRY 1.3125" x .25" Single Line

