


NEARLY 50 YEARS OF TRUSTED QUALITY

At Nature's Bounty, we are committed to your health. For nearly 50 years we have been making trusted products, backed by science, and made with only the purest ingredients...guaranteed. So you can get the most out of life every day.

- ✓ Caffeine Free
- ✓ Stimulant Free
- ✓ Guaranteed Quality
- ✓ Laboratory Tested

Nature's Bounty® Dual Spectrum B-12 has taken nutritional support from this B vitamin to a new level. Each bi-layer tablet features ISR Technology, a specialized delivery mechanism that provides the benefits of immediate and sustained release in one convenient tablet. Dual Spectrum B-12 from Nature's Bounty® gives you the stimulant-free support for your dietary needs and aids in converting food into energy.*

 Nutrition Questions or Comments?
Call 1-800-433-2990
Mon. - Sat. 9 AM - 7 PM ET

Join our Loyalty Program at
NaturesBountyRewards.com

Prod. No. 53795 B53795 02B



NATURE'S BOUNTY®

DUAL SPECTRUM

B-12

5000mcg

Aids in the Conversion
of Food into Energy*

BI-LAYER

Quick Release Layer

Extended Release Layer

30 Bi-Layer Tablets

DIETARY
SUPPLEMENT

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

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		%Daily Value
Vitamin B-12	5,000 mcg	208,333%
(as Cyanocobalamin)		

Other Ingredients: Dicalcium Phosphate, Vegetable Cellulose, Vegetable Stearic Acid, Silica, Vegetable Magnesium Stearate. **Contains <2% of:** Triacetin, Vegetable Juice Color.

Non-GMO, No Artificial Flavor, No Artificial Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free. Suitable for Vegetarians.

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.

★ **Made in The USA** with select ingredients from around the world

*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.

Carefully Manufactured for **NATURE'S BOUNTY, INC.**
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