

Vitamin B12 is part of a group of essential nutrients known as the B Complex. It supports energy metabolism and promotes a healthy nervous system. Along with folic acid and vitamin B6 it supports heart health by promoting healthy levels of homocysteine already within a normal range. B12 is required for the normal development and regeneration of red blood cells, which help to deliver oxygen throughout the body. This formulation is offered in convenient nugget form and is also suitable for vegans.*

Carefully Manufactured by:
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MEGASORB VITAMIN B 12 2500 MCG SUBLINGUAL NUGGETS

SUPPORTS ENERGY METABOLISM &
PROMOTES HEALTHY NERVE FUNCTION*



Non-GMO
GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGANS



60 NUGGETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Nugget

Amount Per Serving	%DV
Vitamin B12 2,500 mcg (as cyanocobalamin)	104,167%

DV = Daily Value

Other Ingredients: Mannitol†, Vegetable Stearic Acid, Vegetable Magnesium Stearate, Natural Cherry Flavor, Silica.

† Provides a dietarily insignificant amount of sugar alcohol.

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Preservatives and Color.

SUGGESTED USE: As a dietary supplement for adults, take one (1) nugget one to two times daily, preferably with meals or as directed by a healthcare practitioner; place nugget under the tongue for 30 seconds before swallowing.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

Solgar's KOF-K certification # K-1250

*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.

