

plnt[®]
Pure living, naturally true[®]

WHOLE FOOD
Vitamin B-12

Energy & Metabolism[®]
Natural, non-GMO ingredients

30 Vegetarian Capsules
Dietary Supplement



Supplement Facts

Serving Size 1 Vegetarian Capsule
Servings Per Container 30

	Amount Per Serving	% Daily Value
Vitamin B12 (as methylcobalamin)	1000 mcg	41667%
Probiotic & Enzyme Blend:	60 mg	*
Lipase, Protease, Aspergillopepsin, beta-Glucanase, Cellulase, Bromelain, Phytase, Lactase, Papain, Peptidase, Pectinase, Xylanase, Hemicellulase, <i>Lactobacillus plantarum</i> , <i>Lactobacillus bulgaricus</i> , <i>Saccharomyces cerevisiae</i>		
Organic Fruit & Vegetable Blend:	20 mg	*
Organic Apple (Fruit), Organic Beet (Root), Organic Broccoli (Stalk & Flower), Organic Carrot (Root), Organic Spinach (Leaf), Organic Tomato (Fruit), Organic Strawberry (Fruit), Organic Tart Cherry (Fruit), Organic Blackberry (Fruit), Organic Green Bell Pepper (Fruit), Organic Brussels Sprout (Leaf), Organic Blueberry (Fruit), Organic Ginger (Root), Organic Garlic (Bulb), Organic Green Onion (Bulb), Organic Raspberry (Fruit), Organic Parsley (Leaf), Organic Cauliflower (Flower & Stem), Organic Red Cabbage (Leaf), Organic Kale (Leaf), Organic Cucumber (Gourd), Organic Celery (Stalk), Organic Asparagus (Flower & Stem)		

* Daily Value not established.

Other ingredients: Vegetable cellulose (capsule), organic rice (hull).
Contains: Wheat.

Does not contain: Gluten, Sugar, Salt, Soy, Dairy, Citrus, Fish, Animal Derivatives, Preservatives, Artificial Colors or Artificial Flavors.

○ 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.

DIRECTIONS: Take one (1) capsule daily, with or without food.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medications or have any medical condition.

Distributed by: Vitamin Shoppe, Inc., Secaucus, NJ 07094
Visit www.vitaminshoppe.com or call
1-800-223-1216 for more information and to reorder.

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.
TAMPER EVIDENT: Do not use if outer seal is broken or missing.



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