

PL418



ACTUAL SIZE

*Longs*
WELLNESS

Vitamin

B **12**
500 mcg

Dietary Supplement

**100 TABLETS****Product Benefit**

USP has tested and verified ingredients, potency, and manufacturing process. USP sets official standards for dietary supplements. See www.uspverified.org

Supplement Facts

Serving Size 1 Tablet

Each Tablet Contains	% Daily Value
Vitamin B12 500 mcg	8333%

INGREDIENTS: Lactose, Dicalcium Phosphate, Corn Starch, Magnesium Stearate, Cyanocobalamin, Red 40 Lake.



Distributed by Longs Drugs
Walnut Creek, CA 94596
For further information contact
1-800-TO-LONGS or Longs.com



Suggested use: Take one tablet daily with a full glass of water, preferably after a meal.

Keep out of the reach of children.
Keep in a cool dry place, tightly closed.

Helps maintain cardiovascular and nerve health
and helps produce healthy red blood cells.

LNG526006**FRESHNESS AND POTENCY GUARANTEED THROUGH:**