

USAGE: Dissolve in mouth or chew 1 lozenge per day or as directed by your qualified health care consultant.

NOTE: If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your health care practitioner before using this product.

Methylcobalamin (Methyl B-12) is better absorbed and retained than other forms of B₁₂ (e.g., cyanocobalamin).* Methyl B-12 protects nerve tissue and brain cells, promotes better sleep and reduces toxic homocysteine to the essential amino acid methionine.* Also, vegetarians/vegans typically require B₁₂ supplementation.*

Keep out of the reach of children.

* 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.

Lot #: Best Used Before:

Jarrow FORMULAS®

Methyl B-12

1000 MCG

The Superior Form
of B₁₂: Methylcobalamin

**Protects Brain Cells and
Nerve Tissue***

Suitable for Vegetarians/Vegans

**1000 mcg 100 Lozenges
Dietary Supplement**

Supplement Facts

Serving Size 1 Lozenge	Servings Per Container 100	
Amount Per Serving	% DV	
Methylcobalamin (Methyl B ₁₂)	1000 mcg	16,666%

Other Ingredients: Xylitol, cellulose, stearic acid (vegetable source), lemon flavor, magnesium stearate (vegetable source), citric acid and silicon dioxide. Suitable for vegetarians/vegans.

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

NOTE: Color of product naturally varies in different shades of pink.

05311B12 PROD # 118001



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