

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.*

Carefully Manufactured by:
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SOLGB73220 01C



VITAMIN B 12

500 MCG

ENERGY METABOLISM SUPPORT*
NERVOUS SYSTEM SUPPORT*

GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGETARIANS



100 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	%DV
Vitamin B12 500 mcg (as cobalamin)	8333%
Calcium 130 mg	13%

DV = Daily Value

Other Ingredients: Dicalcium Phosphate,
Microcrystalline Cellulose, Vegetable Stearic
Acid, Vegetable Cellulose, Silica.

**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) tablet daily, preferably with a
meal or as directed by a health-
care practitioner.

If you are pregnant, nursing, taking any
medications or have any medical condition,
please consult your healthcare practitioner before
taking any dietary supplement. Discontinue use
and consult your healthcare practitioner if any
adverse reactions occur. 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.

