

ITEM #1370  
B12605 13J



# Vitamin B-12

## 500 mcg

**Promotes Energy Metabolism  
and Nervous System Health\***

*Dietary Supplement*

**100 TABLETS**



### Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		%Daily Value
Vitamin B-12	500 mcg	8,333%
(as Cyanocobalamin)		

**Other Ingredients:** Dicalcium Phosphate, Vegetable Cellulose, Vegetable Stearic Acid, Silica, Vegetable Magnesium Stearate.

**No Gluten, No Yeast, No Wheat,  
No Milk or Milk Derivatives,  
No Lactose, No Soy, No Egg,  
No Grapefruit, No Fish,  
No Sugar, No Starch,  
No Preservatives, No Artificial Color,  
No Artificial Flavor, No Sodium.**

**\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.**

**Directions:** For adults, take one (1) to five (5) tablets daily, preferably with meals.

**Vitamin B-12 is essential for the normal formation of blood cells and contributes to the health of the nervous system.\* In addition, this vitamin plays a role in energy metabolism in the body.\***

**WARNING:** If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

Manufactured by Good 'N Natural, Bohemia, NY 11716 USA  
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