

For More Information:  
1-888-462-2548  
GNC.com  
Distributed by:  
General Nutrition Corporation  
Pittsburgh, PA 15222 USA

ACTUAL SIZE



**GNC**

# Methyl B-12

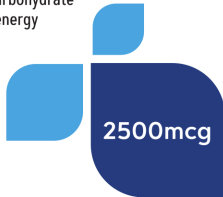
HIGHLY ABSORBABLE

Essential for carbohydrate  
metabolism & energy  
production\*

Required for  
red blood  
cell formation\*

High potency

100 CAPLETS  
100-DAY SUPPLY



DIETARY SUPPLEMENT

CODE 253313

FUG

DIRECTIONS: As a dietary supplement, take one caplet daily.

## Supplement Facts

Serving Size One Tablet

Amount Per Serving		% Daily Value
Vitamin B-12 (as Methylcobalamin)	2500 mcg	104167%
Calcium	135 mg	10%

**OTHER INGREDIENTS:** Dicalcium Phosphate, Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Silicon Dioxide, Stearic Acid Vegetable Source, Titanium Dioxide (Mineral Whitener), Magnesium Stearate Vegetable Source, Croscarmellose Sodium, Polyethylene Glycol, Talc, Carnauba Wax.

Potency verified by GNC procedure #5246.

Conforms to USP <2091> for weight.

Meets USP <2040> disintegration.

No Sugar, No Starch, No Artificial Flavors, No Sodium,  
No Wheat, Gluten Free, No Corn, No Soy, No Dairy.

**KEEP OUT OF REACH OF CHILDREN.**

Store in a cool, dry place.



\*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 No./Best By: