

USAGE: Dissolve in mouth or chew 1 tablet per day or as directed by your qualified healthcare professional.

Methyl B-12 (methylcobalamin) supports brain and nerve health and function, energy production, cell replication, red blood cell production and sleep-wake cycles.* Methyl B-12 is also required to metabolize homocysteine back into the essential amino acid L-methionine.* Methyl B-12 is better absorbed and retained than cyanocobalamin, and supplementation may be needed by seniors, persons on stomach acid reducing regimens, and some vegetarians/vegans.*

**Keep out of the 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 #. Best Used Before:



Methyl B-12

A Superior Form of B₁₂
Energy Production and Brain Function*

500
MICROGRAMS

100 CHEWABLE
TABLETS



**CHERRY
FLAVOR**

**DIETARY
SUPPLEMENT**

Supplement Facts

Serving Size 1 Tablet
Servings Per Container 100

Amount Per Serving		% DV
Vitamin B ₁₂ (as Methylcobalamin)	500 mcg	20,830%

Other Ingredients: Xylitol, cellulose, stearic acid (vegetable source), natural cherry flavor, citric acid, magnesium stearate (vegetable source) and silicon dioxide.

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

Suitable for vegetarians/vegans.

NOTE: Color of product naturally varies from light pink to red.

05320BMCG PROD # 118015

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APPROX.
FILL LINE

