

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. In addition, B12 is involved in DNA synthesis and renewal. This formulation provides high potency vitamin B12 in a convenient nugget form that is also suitable for vegans.\*

Carefully Manufactured by:  
Solgar, Inc., 500 Willow Tree Road  
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Since 1947

MEGASORB  
**VITAMIN B 12**  
**5,000 MCG**

ULTRA-POTENCY SUBLINGUAL NUGGETS

PROMOTES NERVOUS SYSTEM HEALTH\*

Non-GMO  
GLUTEN, WHEAT & DAIRY FREE  
SUITABLE FOR VEGANS



**60 NUGGETS**

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 1 Nugget

Amount Per Serving	%DV
Vitamin B12 5,000 mcg (as cyanocobalamin)	208,333%

DV = Daily Value

Other Ingredients: Mannitol†, Vegetable Stearic Acid, Vegetable Magnesium Stearate, Silica, Natural Cherry Flavor with Other Natural Flavors.

†Provides a dietarily insignificant amount of sugar alcohol.

**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) nugget daily, preferably with a meal, or as directed by a health-care practitioner; place nugget under the tongue for 30 seconds before swallowing.

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. 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.

