

SUGGESTED USE Consume one or more capsules daily or as recommended by a health care professional. For best results take this product with food, preferably a complete meal. This product is most effective as part of a healthy diet and active lifestyle, along with one of **ANDREW LESSMAN'S** multi-vitamin-mineral formulas. **For answers to questions about the use of this product call 800.800.1200.**

UNSURPASSED.

Purity. Quality. Integrity. Effectiveness.



Andrew Lessman
 Andrew Lessman
 Founder of PROCAPS LABS

QUESTIONS? RE-ORDERS?
CALL 800.800.1200
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PROTECTED FOR OPTIMUM ABSORPTION

VITAMIN B12-500™

500 MCG VITAMIN B12
HIGH POTENCY B-COMPLEX



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720 Easy-to-Swallow Capsules

Andrew Lessman's VITAMIN B12-500 delivers 500 mcg of natural **B12** – the most important of all B vitamins to supplement. This importance stems from **B12's** long list of critical functions and the fact that its large molecular size makes it the most difficult of all vitamins to absorb. Vitamin **B12** is essential for all energy production and the creation of hemoglobin, without which oxygen cannot be transported. We also cannot metabolize carbohydrates or burn fat without **B12**. Even more important is **B12's** vital role in the synthesis of our genetic material and its requirement for normal cell growth and development. **B12** also supports heart health due to its ability to help metabolize homocysteine, and **B12** is also essential to support healthy immune and nervous system function. **B12's** enormous molecular size makes it all but impossible to absorb from typical supplements, which are easily destroyed by stomach acid. It is also well-established that stress, aging and digestive issues only further reduce Vitamin **B12's** already poor absorption. Our unique Vitamin **B12** is protected from stomach acid and releases its contents in the small intestine where it is absorbed making it the only intelligent and effective way to orally deliver **B12's** benefits. Given all the critical functions of Vitamin **B12**, along with its extremely poor absorption from food and ordinary supplements, we should all carefully consider a plan to intelligently supplement. Best of all, our **Vitamin B12-500** is a pleasure to use, since it comes in a small, soft, easy-to-swallow capsule that is gentle even to the most sensitive stomachs.

This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

CONTAINS NO Milk, soy, yeast, corn, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative, common allergens or manufacturing additive.

CONTAINS NO ADDITIVES OF ANY KIND.

Supplement Facts

Serving Size 1 Capsule	Servings Per Container 720	
Amount Per Serving		%DV*
Vitamin C (as calcium ascorbate)	60 mg	100%
Vitamin B1 (as thiamin hydrochloride)	5 mg	333%
Vitamin B2 (as riboflavin)	5 mg	294%
Niacin (as niacinamide)	5 mg	25%
Vitamin B6 (as pyridoxine hydrochloride)	5 mg	250%
Folic Acid	50 mcg	13%
Vitamin B12 (as cyanocobalamin)	500 mcg	8333%
Biotin	100 mcg	33%
Pantothenic Acid (as calcium pantothenate)	5 mg	50%
Calcium (as calcium carbonate/ascorbate)	50 mg	5%
Magnesium (as magnesium oxide)	25 mg	6%

* Percent Daily Values (%DV) are based on a 2,000 calorie diet.

Other ingredients: Gelatin capsule, Proprietary Protective B12 Matrix.