

store sealed in a cool dry place

KEEP OUT OF REACH OF CHILDREN
USE ONLY IF SAFETY SEAL IS INTACT

Recommendations

1 or 2 capsules once or twice daily,
or as directed by your healthcare
professional.

Warning

If pregnant, consult your
physician before taking.

EXCLUDES COATINGS, BINDERS, GLUTEN
(WHEAT, RYE, BARLEY)[†], MILK/DAIRY (CASEIN,
WHEY)[†], SOY PROTEIN[†], EGG PROTEIN[†],
SUGAR.

[†]VERIFIED BY INDEPENDENT TESTING



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VITAL
NUTRIENTS

Vitamin B-12
1000mcg

DIETARY SUPPLEMENT
100 VEGETARIAN CAPSULES

Supplement Facts

serving size: 2 vegetarian capsules
servings per container: 50

	amount per serving	percent daily value
Vitamin B12 (as methylcobalamin)	2000mcg	33332%

Other Ingredients: Rice Powder, Vegetable
Cellulose Capsule, and Silica.

Raw materials and finished products are
independently tested by U.S. labs.
Learn more at vitalnutrients.net

manufactured by
VITAL NUTRIENTS
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