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

Solgar's KOF-K certification #K-1250 Carefully Manufactured by:

Solgar, Inc., 500 Willow Tree Road Leonia NI 07605 II S A

For more information, call toll-free 1-877-SOLGAR 4, www.solggr.com ©2017 Solgar, Inc.

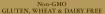
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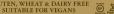
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## VITAMIN B 12 **500 MCG**

ENERGY METABOLISM\* NERVOUS SYSTEM SUPPORT\*







DIETARY SUPPLEMENT

## Supplement Facts Servina Size: 1 Vegetable Capsule

Amount Per Serving %DV

Vitamin B12 500 mca 20.833% (as cyanocobalamin)

DV = Daily Value

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Mannitol, Vegetable Magnesium Stearate, Silica.

FREE OF: Gluten, Wheat, Dairy, Sov. Yeast, Sugar, Sodium, Artificial Flavor, Preservatives and Color.

SUGGESTED USE: As a dietary supplement for adults, take one (1) vegetable capsule daily, preferably with a meal or as directed by a healthcare practitioner. If you are pregnant, nursing, taking any

medications or have any medical con-

dition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

Administration. This product is not intended to dipanose, treat. cure or prevent any disease.

