

Suggested Use:

Take 1-2 pumps or more 1-2 times daily. Hold in mouth 30 seconds before swallowing. Can be mixed into water. Best taken on an empty stomach at least 10 minutes before meals. Store at room temperature. Use within 60 days after opening.

Quicksilver Delivery Systems™

is the industry-leading phospholipid encapsulation system—providing rapid uptake and unparalleled bioavailability.



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**LIPOSOMAL
METHYL B-12**

Dietary Supplement
Net 1 fl. oz. (30 mL)

SUPPLEMENT FACTS

Serving Size: .33mL (2 pumps)	Amount	%Daily
Servings per container: 90	Per Serving	Value
Methylcobalamin	1000 mcg	16,667%
Phosphatidylcholine (from purified sunflower seed lecithin)	23mg	**
**Daily Value not established.		

Other Ingredients: Water, Glycerin, Ethanol, Vitamin E (as tocopherols and natural mixed tocopherols)

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Product Code: QSMCOB01