

B12 Methylated



# Supplement Facts

**Serving Size:** 1 capsule

**Serving Per Container** 28

Ingredient	AM Packet		PM Packet	
	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin B12 (as Methylcobalamin)	1000 mcg	41667%	—	—

**Other Ingredients:** Veggie capsule (Hypromellose), Microcrystalline Cellulose, Beet (Beta vulgaris) Root Juice, Magnesium Stearate, Silica

**Contains No:** Dairy, Wheat, Soy, Fish/Shellfish, Peanuts, Tree Nuts, Sesame, Eggs

**Suggested Use:** Take 1 capsule once daily as a dietary supplement with food or as directed by a healthcare professional

**CAUTION:** Keep out of reach of children. If you are pregnant or nursing, consult your physician before taking this product.