

DIRECTIONS: FOR ADULTS, TAKE ONE (1) TABLET ONE TO TWO TIMES DAILY, PREFERABLY WITH A MEAL. As a reminder, discuss the supplements and medications you take with your health care providers.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		%Daily Value
Vitamin B-12 (as Cyanocobalamin)	1,000 mcg	16,667%

Other Ingredients: Dicalcium Phosphate, Vegetable Cellulose, Hypromellose, Vegetable Stearic Acid, Silica, Vegetable Magnesium Stearate.

WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

No Artificial Color or Flavor, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

Sundown
Naturals[®]

HIGH POTENCY

B12

1000 MCG *Time Release*

Promotes Energy Metabolism*

VEGETARIAN FORMULA

60 TABLETS VITAMIN SUPPLEMENT

**Smart
Facts**

The B vitamins play a role in energy metabolism in the body.* Vitamin B-12 is essential for the normal formation of blood cells and contributes to the health of the nervous system.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

KEEP OUT OF REACH OF CHILDREN. STORE IN A DRY PLACE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

Questions? Call toll free
1-888-VITAHHELP (848-2435) or visit
us at www.sundownnaturals.com



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