SUGGESTED USE: Take 1 tablet per day with a full glass of water.

CAUTION: Do not exceed the stated dose.

If you are pregnant, breastfeeding, taking prescription medication or under any medical supervision it is advisable to consult a GP prior to taking any food supplements. Discontinue use and consult a GP if adverse reactions occur. Not suitable for persons under the age of 18. Keep out of reach of children at all times.

Do not use if seal is broken or damaged.

STORAGE: Store in a cool, dry place. For best before end & batch number see side of label.

Food supplements are intended to supplement the diet and should not be regarded as a substitute for a varied diet and a healthy lifestyle.

Bottle made from at least 80% recycled plastic. Please recycle bottle with cap on.

All our products are subject to our stringent quality assurance. This product doesn't contain artificial flavours, colours or sweeteners.







## Nutritional Information

Serving Size: 1 Tablet

Servings per container: 120

|             | Amount per<br>serving | %RI*    |
|-------------|-----------------------|---------|
| Vitamin B12 | 1,000µg               | 40,000% |

\*Reference Intake

Ingredients: Bulking Agent (Microcrystalline Cellulose), Anti-Caking Agent (Magnesium Stearate), Vitamin B12 (Methylcobalamin)

Vitamin B12 contributes to the reduction of tiredness and fatigue

Vitamin B12 contributes to the normal function of the immune system

Vitamin B12 contributes to normal psychological function

Vitamin B12 contributes to normal functioning of the nervous system

Vitamin B12 does not originate from the UK

Manufactured according to the GMP Code Of Practice for:

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