

Prod. No. 1380



NATURE'S  BOUNTY®

VITAMIN B-12

1000 mcg Ener-B®*

Promotes Energy Metabolism**

DIETARY SUPPLEMENT
100 TABLETS



"When choosing a B-12 supplement, look for the exclusive Ener-B® name. It's your guarantee that the B-12 in the product is disintegration tested, for maximum absorption potential.

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

DIRECTIONS: For adults, take one (1) tablet daily, preferably with a meal.

TAMPER RESISTANT: Do not use if imprinted seal under cap is broken. **KEEP OUT OF THE REACH OF CHILDREN.**

Store in a cool, dry place.

*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.

Supplement Facts

Serving Size 1 tablet

Amount Per Serving	%Daily Value
Ener-B®*	1,000 mcg 16,666%
Vitamin B-12 (as Cyanocobalamin)	

OTHER INGREDIENTS: Dicalcium Phosphate, Cellulose (Plant Origin), Mannitol, Vegetable Stearic Acid, Cellulose Coating, Silica, Vegetable Magnesium Stearate.

Nutrition Questions or Comments?
Call NutraPhone® 1-800-433-2990
Mon.- Fri. 9 AM - 7 PM ET

Visit us on the Web
www.NaturesBounty.com

Carefully Manufactured by
NATURE'S BOUNTY, INC.

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