

Supplement Facts

Serving Size: 1 mL

Servings Per Container: 59

Amount Per Serving		%DV
Vitamin B1 (as thiamin HCl)	4 mg	267%
Riboflavin (as riboflavin 5'-phosphate sodium)	4 mg	235%
Niacin (as niacinamide)	20 mg	100%
Vitamin B6 (as pyridoxine HCl)	10 mg	500%
Folic Acid	200 mcg	50%
Vitamin B12	2000 mcg	33,333%
(as cyanocobalamin)		
Biotin	300 mcg	100%
Pantothenic Acid	30 mg	300%
(as dexpanthenol)		

DV = Daily Value

Other Ingredients: Vegetable Glycerin, Purified Water, Natural Flavors, Potassium Sorbate (preservative), Citric Acid.

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Artificial Flavor, Sweetener and Color.

Carefully Manufactured by:
Solgar, Inc.
500 Willow Tree Road
Leonia, N.J. 07605 U.S.A.

For more information, call toll-free
1-877-SOLGAR 4
www.solgar.com

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Part Number: 22-15950


Since 1947

SUBLINGUAL

LIQUID B-12 2000 MCG

WITH B-COMPLEX

Solgar® Sublingual Liquid B-12 2000 mcg with B-Complex is designed to provide an advantage over conventional B-Complexes by offering an easy-to-use liquid formula for anyone who has difficulty in swallowing tablets or capsules. Our liquid formula also does not need to be broken down in the digestive tract as compared to a standard pill.

As we age, absorption of key nutrients such as Vitamin B-12 can decline, which is why it is important to take a formula that is also easy to digest. **Solgar® Sublingual Liquid B-12 2000 mcg with B-Complex** is free of gluten, artificial flavors, colors and sweetener, so you receive a vitamin supplement that is also great tasting.


Since 1947

SUBLINGUAL

LIQUID B-12 2000 MCG

WITH
B-COMPLEX

GLUTEN, WHEAT &
DAIRY FREE

SUITABLE
FOR VEGETARIANS

59 Servings



2 FL. OZ. (59 mL)

DIETARY SUPPLEMENT


Since 1947

SUBLINGUAL

LIQUID B-12 2000 MCG

WITH B-COMPLEX

SUGGESTED USE: SHAKE WELL before use. As a dietary supplement for adults, place **one (1) mL under the tongue (sublingually) up to two times per day. Hold under tongue for 10 seconds before swallowing.**

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your health-care practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer seal is missing, torn or damaged.

Solgar's KOF-K certification #K-1250

