

**USAGE:** Dissolve in mouth or chew 1 lozenge per day or as directed by your qualified healthcare professional.

**NOTE:** If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

**Methylcobalamin (Methyl B-12)** is better absorbed and retained than other forms of B<sub>12</sub> (e.g., cyanocobalamin).\* Methyl B-12 supports nerve tissue and brain cells, promotes better sleep and recycles (via methylation) homocysteine, an oxidizing metabolite, back into the amino acid methionine.\* Also, vegetarians/vegans often require B<sub>12</sub> supplementation.\*

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.

Lot #. Best Used Before:

**Jarrow**  
FORMULAS

# Methyl B-12

Methylcobalamin – The Superior Form of B<sub>12</sub>

Supports Brain Cells\*  
and Nerve Tissue\*

**1000**  
MICROGRAMS

**100**  
LOZENGES

DIETARY  
SUPPLEMENT



lemon  
flavor

## Supplement Facts

Serving Size 1 Lozenge  
Servings Per Container 100

	Amount Per Serving	% DV
Methylcobalamin (Methyl B <sub>12</sub> )	1,000 mcg	41,670%

Other Ingredients: Xylitol, cellulose, stearic acid (vegetable source), natural lemon flavor, magnesium stearate (vegetable source), citric acid and silicon dioxide.

No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.

**Suitable for vegetarians/vegans.**

**NOTE:** Color of product naturally varies in different shades of pink.



FILL LINE

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**Jarrow FORMULAS**<sup>®</sup>  
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