

For More Information:  
1-888-462-2548  
GNC.com

ACTUAL SIZE



**GNC**

# Methyl B-12

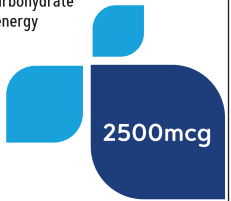
**HIGHLY ABSORBABLE**

Essential for carbohydrate metabolism & energy production\*

Required for red blood cell formation\*

High-potency Methyl B-12

**100 CAPLETS**  
**100-DAY SUPPLY**



**DIETARY SUPPLEMENT**

\* 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.

CODE 25313

CWG

**DIRECTIONS:** As a dietary supplement, take one caplet daily.

## Supplement Facts

Serving Size One Caplet

Amount Per Serving	% Daily Value	
Vitamin B-12 (as Methylcobalamin)	2500 mcg	104167%
Calcium	135 mg	10%

**OTHER INGREDIENTS:** Dicalcium Phosphate, Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Silicon Dioxide, Stearic Acid Vegetable Source, Titanium Dioxide (Mineral Whitener), Magnesium Stearate Vegetable Source, Croscarmellose Sodium, Polyethylene Glycol, Talc, Carnauba Wax.

**Distributed by:**  
**GNC Holdings, LLC**  
**Pittsburgh, PA 15222 USA**

No Artificial Flavors, Gluten Free, No Milk.

**KEEP OUT OF REACH OF CHILDREN.**  
**Store in a cool, dry place.**



Lot No./Best By: