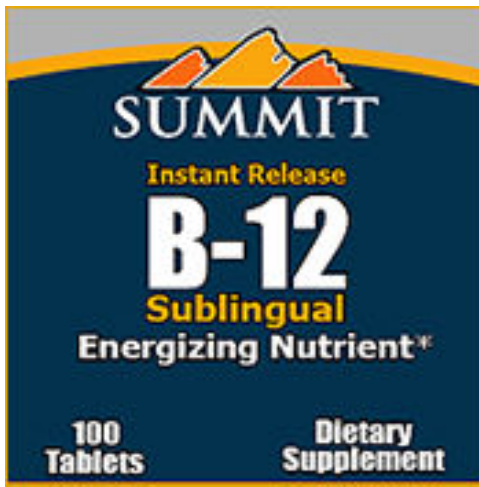




www.summitvitamin.com



Vitamin B12 is an essential water soluble vitamin that is commonly found in a variety of foods such as fish, shellfish, meats, and dairy products. Vitamin B12 is frequently used in combination with other B vitamins in a vitamin B complex formulation. It helps maintain healthy nerve cells and red blood cells, and is also needed to make DNA, the genetic material in all cells. Vitamin B12 is bound to the protein in food.

Hydrochloric acid in the stomach releases B12 from protein during digestion and once released, B12 combines with a substance called intrinsic factor (IF) before it is absorbed into the bloodstream. Vitamin B12 is also noted to help to increase energy level and may aid in anemia by working in conjunction with iron.

Available in 100 count bottle.

Suggested Use: As a dietary supplement, take one (1) tablet daily preferably with meals. Allow tablet to dissolve under tongue.

Supplement Facts

Serving Size: 1 Tablet
Servings Per Container: 100

	Amount Per Serving	% Daily Value†
Vitamin B12 (as cyanocobalamin)	1mg	16666%

†Percent Daily Value based on a 2,000 calorie diet.

CAUTION: Do not exceed recommended dose. Pregnant or nursing mothers, children under the age of 18, and individuals with a known medical condition should consult a physician before using this or any 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.