

Directions: As a dietary supplement, take one to two soft chews daily. For maximum benefits, take as directed every day.

Supplement Facts

Serving Size One Soft Chew

Amount Per Serving	% Daily Value	
Calories	15	
Total Carbohydrate	4 g	1%†
Sugars	0 g	*
Vitamin B-12 (as Cyanocobalamin)	2500 mcg	41667%

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

* Daily Value not established.

Other Ingredients: Isomalt, Maltitol Syrup, Corn Syrup Solids¹, Modified Potato Starch, Soy Lecithin, Natural Flavors, Palm Oil, Citric Acid, Malic Acid, Glycerin, Carrageenan, Fruit and Vegetable Juice for Color², Stevia.

CONTAINS: Soybeans.

¹Adds a dietarily insignificant amount of sugar.

To ensure a complete nutritional program, take daily with these GNC products:

- Premium Multivitamin
- Triple Strength Fish Oil
- Protein
- Ultra Probiotic Complex 25

KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place.

For More Information:
1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222



GLUTEN
FREE

B-12 Soft Chews are a convenient alternative to pills and a great addition to your daily nutrition and health regimen. Each delicious, berry flavored chew has 2,500 micrograms of vitamin B-12, an essential nutrient that provides a variety of important health benefits.*

Vitamin B-12 is required for energy production and metabolism of carbohydrates.* It is also necessary for proper red blood cell formation and is a key nutrient in nerve tissue formation and proper neurological function.* In addition, vitamin B-12 may play a role in the maintenance of normal homocysteine levels in the blood.*

Individually wrapped, great-tasting B-12 Soft Chews are easy to take with you on the go so you can enjoy the many benefits of vitamin B-12 any time.

GNC QUALITY COMMITMENT For more than 79 years, GNC has been the leader in the development of superior nutritional supplements. Our products are produced using only fresh, high-quality ingredients and are manufactured under the strictest quality controls.

GNC GUARANTEE If you are not 100% completely satisfied, return the unused portion of the product with your receipt to a GNC store within 30 days. Our trained sales staff will either refund your purchase price or, if you prefer, assist you in finding a replacement product to help you LIVE WELL.

*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.



0 48107 11848 8