

**DIRECTIONS FOR USE:** As a food supplement for adults, place one (1) dropperful (1 ml) under the tongue up to two times per day, or as directed by a healthcare practitioner. Hold under tongue for 10 seconds before swallowing. Do not exceed directions for use.

**FREE OF:** Gluten, Wheat, Dairy, Soya, Yeast, Sweeteners, Artificial Flavours or Colours.

Liquid B12 2000 µg with B-Complex

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking this product. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged. For Best Before End and Batch No. information see side of bottle. Food supplements should not be used instead of a varied balanced diet and a healthy lifestyle.

Solgar's KOF-K certification #K-1250

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Carefully Manufactured in the U.S.A.

By: Solgar, Inc., Leona, N.J. For: Solgar (U.K.) Ltd., Herts, HP23 5PT



SUBLINGUAL

**LIQUID B12**  
2000 µg

**WITH B-COMPLEX**

SUITABLE FOR VEGANS

SUGAR AND STARCH FREE

59 ml

FOOD SUPPLEMENT



Ingredients	%EC NRV*
Each Dropperful (1 ml) provides:	
Vegetable Glycerin (from palm kernel oil)	
Purified Water	
Pantothenic Acid (as dexpantanol) .....	30 mg 500
Niacin (as nicotinamide) .....	20 mg NE 125
Vitamin B6 (as pyridoxine HCl) .....	10 mg** 714
Flavours: natural mixed berry, natural fruit flavour, Prosweet	
Riboflavin (as riboflavin).....	4 mg 286
5'-phosphate sodium)	
Vitamin B1 (as thiamin HCl).....	4 mg 364
Vitamin B12 (as cyanocobalamin) .....	2000 µg 80000
Preservative: potassium sorbate	
Acidity Regulator: citric acid	
Folic Acid .....	200 µg 100
(as pteroylmonoglutamic acid)	
D-biotin .....	300 µg 600
*EC NRV = EC Nutrient Reference Value	

\*\*Long term intakes of this amount of Vitamin B6 may lead to mild tingling and numbness. SXENB30333 03C