

Ingredients: (1 capsule provides)

Alfalfa	100mg	-
Capsule shell: vegetable cellulose	40mg	-
Vitamin B12 (Methylcobalamin)	1000µg	40,000



VITAMIN B12 1000µG

FOOD SUPPLEMENT
120 VEGETABLE CAPSULES
SUITABLE FOR VEGANS



Vitamin B12 contributes to normal function of the nervous system, immune system, normal psychological function, red blood cell formation, and contributes to a reduction of tiredness and fatigue.

CONTAINS NO: Gluten, wheat, lactose, added sugar, artificial preservatives or colourings.

Directions: Take 1 capsule daily with a meal or as directed by a professional.

Warnings: Do not exceed stated recommended dose. A food supplement should not be used as a substitute for a varied and balanced diet & healthy lifestyle. Store in a cool dry place, out of reach and sight of young children.



Made in the UK. Product Code GA617
gandg vitamins.com • 01342 312811

G&G Food Supplies Ltd, East Grinstead, Sussex, RH19 1RL

*RI% - Reference Intake