

SUGGESTED USE Consume one capsule daily. You can choose to increase your daily intake based upon your personal requirements or as recommended by your health care provider. **For questions about the use of this product call 800.332.7799.**

FOR OVER 40 YEARS
Unsurpassed Purity, Quality and Efficacy

100% SOLAR PRODUCTION
ZERO CARBON FOOTPRINT

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Andrew Lessman, Founder

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Protected for Optimum Absorption
VITAMIN B12 250™

250 mcg Natural Methyl B12
Plus Complete B-Complex



Dietary Supplement | **720** Easy-to-Swallow Capsules

Andrew Lessman's VITAMIN B12 250 delivers an exceptionally high potency (250 mcg) of our unique absorption-protected *methylcobalamin* (natural coenzyme **Vitamin B12**). Among the B-vitamins, **B12** is not just the most important from a functional standpoint, but also because of its limited availability from the diet and extremely difficult absorption. **Vitamin B12's** challenged absorption stems from its unusually large size and complex molecular structure. **Vitamin B12** is essential for energy production, including carbohydrate and fat metabolism, as well as the creation of hemoglobin, without which, vital oxygen cannot be transported throughout the body. **Vitamin B12** is also required for the synthesis of our genetic material (DNA and RNA) and is therefore required for normal cell growth and development. **Vitamin B12** supports heart and brain health by supporting homocysteine metabolism. Typical supplements deliver **Vitamin B12** in the highly inferior, unnatural form of cyanocobalamin. As its name implies, cyanocobalamin can deliver trace amounts of cyanide – an undesirable toxic chemical. No quality product would use cyanocobalamin. The large molecular size of **Vitamin B12** makes it highly susceptible to destruction in the digestive system, which is why our natural methylcobalamin is protected from stomach acid so it can release its benefits in the small intestine where it can be absorbed. It is the most intelligent and effective way to orally deliver **B12's** benefits. It is well-established that stress, aging and digestive issues reduce **B12's** already poor absorption, so given its critical functions, one should carefully consider supplementing this difficult to find and hard to absorb vitamin. Our **Vitamin B12** overcomes all of the problems of typical **B12** supplements and insures the benefits you seek in a small, easy-to-swallow capsule that is gentle to even sensitive stomachs.

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.

CONTAINS NO ADDITIVES OR COMMON ALLERGENS

Supplement Facts

Serving Size 1 Capsule	Servings Per Container 720	
Amount Per Serving	%DV*	
Vitamin C (as calcium ascorbate)	60 mg	67%
Vitamin B1 (as thiamin hydrochloride)	5 mg	417%
Vitamin B2 (as riboflavin)	5 mg	385%
Niacin (as niacinamide)	5 mg	31%
Pantothenic Acid (as calcium pantothenate)	5 mg	100%
Vitamin B6 (as pyridoxine hydrochloride)	5 mg	294%
Vitamin B12 (as methylcobalamin - protected Coenzyme B12)	250 mcg	10,417%
Folate Complex (as L-5-methyltetrahydrofolate/folic acid)	33 mcg DFE (12.5 mcg folic acid)	8%
Biotin	50 mcg	167%
Calcium (as calcium carbonate/ascorbate)	60 mg	5%
Magnesium (as magnesium oxide)	30 mg	7%

* Percent Daily Values (%DV) are based on a 2,000 calorie diet.

Other Ingredients: Gelatin capsule, Proprietary Protective Methyl B12 Matrix. **CONTAINS NO** Milk, soy, yeast, corn, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative, common allergens, genetically modified (GMO) ingredients or manufacturing additives.