



Vitamin B12 is stored in the kidneys, liver and other body tissues and as a result, the signs and symptoms of vitamin B12 deficiency may not show themselves until 5-6 years of poor dietary intake. The classic symptom of vitamin B12 deficiency is anemia; however it appears that a deficiency will affect the brain and nervous system first. This can lead to impaired nerve function such as a feeling of numbness, a pins and needles sensation as well as mental function.

Medicinal Ingredients / Ingrédients médicinaux	
Serving Size: 15 drops (0.5 mL) / Portion: 15 gouttes (0,5 mL)	
Servings Per Container: 100 / Portions par contenant : 100	
Amount / Quantité	per 1 Serving (0.5 mL) / par 1 portion (0,5 mL)
Vitamin B12 (methylcobalamin) / Vitamine B12 (méthylcobalamine)	1000 mcg

Non-Medicinal Ingredients : Glycerine, Potassium Sorbate, Citric Acid, Purified Water.

Ingrédients non médicinaux : Glycérine, Sorbate de potassium, Acide citrique, Eau purifiée.

Recommended Use: Take 15 drops of **LIQUID VITAMIN B12™** daily (0.5 ml) or as directed by a qualified health care practitioner. Store in a cool, dry place.

Utilisation recommandée : Prendre 15 gouttes de **LIQUID VITAMIN B12™** par jour (0,5 ml) ou comme dirigé par un praticien qualifié de la santé. Bien agiter avant l'usage. Conserver dans un endroit frais et sec.

Risk Information: Keep out of reach of children.

Informations sur les risques : Garder hors de la portée des enfants.

Liquid Vitamin B12 50 ml 8-7084700030-9