

**RECOMMENDATION:** Adults are recommended to take one tablet daily with 1-2 glasses of water (300-400 ml). The daily dose should not be exceeded. You should not take dietary supplements as a substitute for a varied balanced diet or a healthy lifestyle. Not suitable for children and minors.

**DIRECTION: WARNING:** consumers who have difficulties swallowing or do not drink enough water may risk suffocation. During pregnancy and lactation a doctor should be consulted before taking dietary supplements.

Keep the product protected from light, closed and out of reach of children. Keep away from heat and store in a cold dry place. Close box well after removal. **Unopened best before:** see bottom. Lot number: see bottom.

**Distributed:** Vitamaze GmbH

Heiligenbergstr. 17 · 69121 Heidelberg · Germany

[www.vitamaze.de](http://www.vitamaze.de)

**INGREDIENTS:** Microcrystalline cellulose, Methylcobalamine, Potato starch (Amylogum), Rice extract

**NUTRITIONAL INFORMATION:**

per	1 tablet	NRV*
Vitamin B12	1.000 µg	40.000 %

\* % of the recommended daily dose according to Annex XIII of Regulation VO (EU) No. 1169/2011 (LMIV)

**CONTENT:**  
**45 g = 180 tablets e**

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X000LF8C9X

Vitamin B12 - 1.000 µg vegan  
New

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