

**SUGGESTED USE** Consume one or more capsules daily or as recommended by your physician. As with any dietary supplement, this product is most effective as part of a healthy diet and active lifestyle, along with a daily multi-vitamin-mineral formula. **For questions about the use of this product call 800.332.7799.**

**PROTECTED FOR OPTIMUM ABSORPTION**

# VITAMIN B12 250™

250 MCG VITAMIN B12  
HIGH POTENCY B-COMPLEX



DIETARY SUPPLEMENT

**PROCAPS**  
LABORATORIES

**ALL-SOLAR**  
MANUFACTURING

720 Easy-to-Swallow Capsules

**Andrew Lessman's VITAMIN B12 250** delivers 250 mcg of our unique absorption-protected Methylcobalamin (Natural Coenzyme Vitamin **B12**) – the most important of all B vitamins to supplement. This importance stems from **B12's** long list of critical functions and the fact that its large molecular size makes it the most difficult of all vitamins to absorb. Vitamin **B12** is essential for all energy production and the creation of hemoglobin, without which oxygen cannot be transported. We also cannot metabolize carbohydrates or burn fat without **B12**. Even more important is **B12's** vital role in the synthesis of our genetic material and its requirement for normal cell growth and development. **B12** also supports heart health due to its ability to help metabolize homocysteine, and **B12** is also essential to support healthy immune and nervous system function. **B12's** enormous molecular size makes it all but impossible to absorb from typical supplements, which are easily destroyed by stomach acid. It is also well-established that stress, aging and digestive issues only further reduce Vitamin **B12's** already poor absorption. Our unique Vitamin **B12** is protected from stomach acid and releases its contents in the small intestine where it is absorbed making it the only intelligent and effective way to orally deliver **B12's** benefits. Given all the critical functions of Vitamin **B12**, along with its extremely poor absorption from food and ordinary supplements, we should all carefully consider a plan to intelligently supplement. Best of all, our **Vitamin B12 250** is a pleasure to use, since it comes in a small, soft, easy-to-swallow capsule that is gentle even to the most 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** Milk, soy, yeast, corn, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative, common allergens or manufacturing additives.

**CONTAINS NO ADDITIVES OF ANY KIND.**

## 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-methylfolate/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.



**UNSURPASSED.**  
*Purity. Quality. Integrity.  
Effectiveness.*

*Andrew Lessman*  
Andrew Lessman  
Founder of ProCaps Labs



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800.944.9999



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