

# Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet	% Daily Value	
Vitamin B <sub>12</sub> (Cyanocobalamin)	25 mcg	416%

Other Ingredients: Yeast, Whey Protein, Croscarmellose Sodium, Mono- and Diglycerides, Povidone, Silicon Dioxide, Magnesium Stearate.

Contains Milk.