Please read ‘Food Supplement Guidelines’ for details on necessary regulatory requirements for labelling.

For presentation to the UK market

**FRONT LABEL**

Vitamin B12  
High Strength

Vitamin B12 contributes to normal energy yielding metabolism, a reduction in tiredness and fatigue, normal functioning of the immune and nervous systems and normal psychological function.

Food Supplement

You can search for other Nutrition & Health Claims approved for use in the UK here https://www.gov.uk/government/publications/great-britain-nutrition-and-health-claims-nhc-register?utm\_medium=email&utm\_campaign=govuk-notifications&utm\_source=f8d61ec9-adf6-459d-bdfe-7aa9674beaec&utm\_content=weekly

1000µg x 120 Capsules

Suitable for VEGETARIANS AND VEGANS

**BACK LABEL**

**Directions:**

Adults, take 1 capsule per day with water & food.

Do not exceed recommended daily dose.

**Product Information:**   
*One capsule typically provides:*

|  |  |  |
| --- | --- | --- |
|  |  | % NRV\* |
| Vitamin B12 | 1000µg | 40,000 |

\*NRV = Nutrient Reference Value

**Ingredients:**

Bulking Agents: (Microcrystalline Cellulose, Maltodextrin), Capsule Shell: Hydroxypropyl Methylcellulose, Vitamin B12 (as Methylcobalamin).

**Allergy Advice**: Although rigorous precautions are taken to prevent any cross-contamination, this product is manufactured in a facility that handles allergy-based materials.

**Cautions:**

Always consult your health practitioner before taking nutritional supplements, especially if you are taking medication or are under medical supervision. Not recommended for children, pregnant or lactating women.You should not take supplements as a substitute for a varied balanced diet or healthy lifestyle. Store in a cool dry place, out of reach of children.

**Best Before:**

For best before end and batch number see base.

Manufactured to the GMP code of practice for:

Name or business name and address of the food business operator

PLEASE NOTE: If you are selling in/exporting to the EU you will need to include the address details of the Food Business Operator, or Importer, based in the EU. You can have a UK address and an EU address if selling in both territories.

**Please give files following file names:**

Front Label: PL-456$front

Back Label: PL-456$back

**Label Size**

709px x 897px at 600DPI (that's 60mm x 76mm)