

**SUGGESTED USE:** Take 1 lozenge daily, or use as directed by your healthcare professional. Lozenge may be broken into smaller pieces if lower dosage is desired.

Children and pregnant or lactating women should consult their healthcare professional prior to use. Do not use if tamper seal is damaged.

**STORAGE:** Keep closed in a cool, dry place out of reach by children.

**Active B12 with L-5-MTHF** provides two active coenzyme forms of Vitamin B12 along with L-5-MTHF, an active and most prevalent form of folate in the body, in an easy-to-deliver lozenge.†

† This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

**DOES NOT CONTAIN:** Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, artificial colors, or artificial flavors.

**Active B12 with L-5-MTHF Meets or Exceeds cGMP Standards.**

Quatrefolic® is a registered trademark of Gnosis S.p.A. Produced under US Patent 7,947,662.



PHYSICIAN FORMULATED



Seeking Health®

Active B12

with

L-5-MTHF

Dietary Supplement

60 LOZENGES

## Supplement Facts

Serving Size: 1 Lozenge  
Servings Per Container: 60

	Amount Per Serving	%Daily Value
Folate [as Quatrefolic® (6S)-5-methyltetrahydrofolate, glucosamine salt]	800 mcg DFE	200%
Vitamin B12 (80% as methylcobalamin and 20% as adenosylcobalamin)	1000 mcg	41,667%

**Other Ingredients:** Xylitol, ascorbyl palmitate, natural cherry flavor, and silica.

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**Manufactured for and Distributed by:**

Seeking Health, LLC  
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AB12L5-60-LOZ  
REV. 060818

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