

STRUCTURE / FUNCTION CLAIMS

NUTRIENT: Vitamin B-12

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PRODUCT: Fred Meyer Vitamin B-12 (100t)

NUTRIENT AMOUNT: 250 mcg per serving (one tablet)

STRUCTURE/FUNCTION CLAIM:

Vitamin B-12 is necessary for normal development of red blood cells and contributes to health of the nervous system.

REFERENCES:

1. Fine, E.J., Neurologic signs of vitamin B12 deficiency, *Emergency Medicine* 1992; July 15, 198-201.
2. Herbert, V. And K.C. Das, Folic acid and vitamin B12, in *Modern Nutrition in Health and Disease*, 8th ed., Shils, M.E., J.A. Olson, M. Shike, Eds., Lea & Febiger, Philadelphia, 1994, 402-425.
3. Woodson, R.D., Ed., Symposium on new frontiers in vitamin B12 metabolism, *Am. J. Hematol.*, 1990; 34: 81-128.

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