

How to use B12™ Energy & Slimming Topical Patches: Choose a clean, dry, hairless area on your upper body to apply the patch. The package contains a pouch of 5 cards, each with 6 patches attached. Peel off a new patch each day & apply to upper arm, shoulder or back area, adhesive side down. Then leave the patch in place for 24 hours. Drink at least eight 8 oz. size glasses of water each day. This will help flush out toxins from your body and replace essential fluids. Combine B12™ Energy & Slimming Topical Patches with a healthy diet and regular exercise to achieve maximum benefits. It is recommended that you continue with B12™ Energy & Slimming Topical Patches for at least 120 days or until you reach your goals.

Supplement Facts:

One Month Supply

Number of B12™ Energy & Slimming Topical Patches used every 24 hours 1
Number of B12™ Energy & Slimming Topical Patches included per box 30

Ingredients	Amount Per Patch	%DV
Vitamin B-12 (as Cyanocobalamin)	500mcg	*
Vitamin C (as Ascorbic Acid)	100mg	*
Vitamin B-6 (as Pyridoxine Hydrochloride)	40mg	*
Folate, Folic Acid, Folacin	400mcg	*
Guarana	2mg	*
Niacin (B3) (as Niacinamide)	33mg	*

* Daily Value Not Established

Warnings: Always read and follow manufacturer's directions that come with this product. Consult your physician prior to starting any supplement program. Do not use if pregnant, lactating, or sensitive to iodine. In the unlikely event that you do experience side effects or adhesive allergies, stop use immediately and promptly seek medical attention. For adult use only. Not recommended for children under the age of 12.*