

Vitamin B12 helps convert carbohydrates, fats and proteins into energy.* B12 is essential for the production of red blood cells, which help to deliver oxygen to the body.* Vitamin B12 is vital for vegan diets.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

YES CERTIFIED GLUTEN-FREE BY GFCO.ORG	NO YEAST, WHEAT OR CORN
YES CERTIFIED VEGAN BY THE AVA	NO SOY OR MILK
YES RECYCLABLE PACKAGING	NO SALT OR SUGAR
YES MANUFACTURING SUPPORTS WIND POWER	NO PRESERVATIVES
YES KOSHER-PARVE	NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS
YES CERTIFIED HALAL BY IFANCA	

Lot No:

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ESTABLISHED
- 1971 -
Country[®]
Life

VITAMIN B12

1000 mcg

Certified Gluten-Free

► Supports energy*

Dietary Supplement 60 Tablets

— Our PLEDGE of INTEGRITY —
AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY

Directions: Adults take one (1) tablet daily with food. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 1 tablet

Amount Per Serving	% Daily Value
Vitamin B12 (as cyanocobalamin)	1,000 mcg 16,667%

Other Ingredients: Cellulose, stearic acid, magnesium stearate, silica.

CAUTION: If you are pregnant, nursing, or taking medication, have a medical condition or planning surgery, consult a doctor before using this product. Stop using and consult a doctor if any adverse reactions occur.

Do not accept if seal is broken. Store in a dry place between 59°-86° F. Keep out of the reach of children.

This product has been manufactured at a GMP Registered facility.

Manufactured by Country Life, LLC
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CountryLifeVitamins.com
Product No. 6291