

Charcoal is commonly used as a digestive aid due to its adsorption qualities.\*\* In the digestive tract, Charcoal can provide some intestinal comfort by adsorbing gas produced from a meal.\*\*

\*\*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  
YES CERTIFIED VEGAN BY THE VAA  
YES RECYCLABLE PACKAGING  
YES MANUFACTURING SUPPORTS WIND POWER

NO YEAST, CORN OR WHEAT  
NO SOY, MILK OR LACT  
NO SUGAR OR PRESERVATIVES  
NO ARTIFICIAL COLORS, FLAVORS  
OR SWEETENERS  
NO GMOs

This product has been manufactured at a GMP Registered facility.

Lot No:

Best by:

02181320



Dietary  
Supplement

180 Vegan  
Capsules

• NATURAL •

# ACTIVATED CHARCOAL

260 mg  
Certified Gluten-Free

- ▶ Digestive aid\*\*
- ▶ Promotes adsorption of intestinal gas\*\*

**Directions:** Adults, take two (2) capsules 30 minutes before meals and then two (2) capsules after the meal. Take at least 1 hour after medications or other dietary supplements as it may reduce their effectiveness. Do not exceed twelve (12) capsules daily. Do not take consistently for more than two weeks. As a reminder, discuss the supplements and medications that you take with your health care providers.

## Supplement Facts

Serving Size 2 capsules  
Servings Per Container 90

| Amount Per Serving | % Daily Value |
|--------------------|---------------|
| Activated Charcoal | 520 mg *      |

\* Daily Value not established.

Other Ingredients: Hypromellose (vegetarian capsule shell derived from pine tree cellulose), magnesium stearate.

**CAUTION:** Not for use by infants, children, pregnant or nursing women. If you are 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.

Manufactured for Country Life, LLC  
180 Vanderbilt Motor Parkway, Hauppauge, NY 11788 (USA)  
CountryLifeVitamins.com • Product No. 3493  
PRODUCT OF INDIA

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