

Methionine is found in meat, fish, and dairy products, and plays an important role in many cell functions.** As a source of cysteine, a precursor to the cellular antioxidant glutathione, L-Methionine supports liver health.** As part of the cellular antioxidant defense system, glutathione supports liver detox.** Country Life uses Vitamin B6 to aid in utilization.**

** 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 SOY
YES	CERTIFIED VEGAN BY THE AVA	NO	MILK, SALT OR SUGAR
YES	RECYCLABLE PACKAGING	NO	PRESERVATIVES
YES	MANUFACTURING SUPPORTS WIND POWER	NO	ARTIFICIAL COLORS, FLAVORS OR SWEETENERS
YES	KOSHER-PARVE		
YES	CERTIFIED HALAL BY IFANCA		

Lot No:

Best by:

10L18NDL



L-METHIONINE

500 mg

Certified Gluten-Free

- Supports liver health**
- Includes Vitamin B6 for utilization**

Dietary Supplement

60 Tablets

— Our PLEDGE of INTEGRITY —

AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY

Directions: Adults take one (1) tablet daily, or as directed by your health care provider. 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 B6 (as pyridoxine hydrochloride)	8.5 mg	500%
Calcium (as calcium carbonate)	72 mg	6%
L-Methionine (free form)	500 mg	*

* Daily Value not established.

Other Ingredients: Cellulose, stearic acid, magnesium stearate, silica, organic coating (tapioca maltodextrin, sunflower lecithin, sustainable palm oil, guar gum). **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
180 Vanderbilt Motor Parkway, Hauppauge, NY 11788 (USA)
CountryLifeVitamins.com
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