

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.*

* 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 OR WHEAT
YES	RECYCLABLE PACKAGING	NO	SOY OR MILK
YES	MANUFACTURING SUPPORTS	NO	SALT OR SUGAR
	WIND POWER	NO	PRESERVATIVES
		NO	ARTIFICIAL COLORS, FLAVORS OR SWEETENERS

Lot No:

Best by:

01119NDL



Dietary Supplement **100** Tablets

ESTABLISHED
— 1971 —
**Country[®]
Life**

VITAMIN B12

500 mcg

Certified Gluten-Free

► Supports energy*

— 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)	500 mcg	20,833%

Other Ingredients: Cellulose, stearic acid, silica, desiccated stomach powder (porcine), magnesium stearate.

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. 6251