

Looking for an energy boost?
This methylated form of B12 easily digests
and is absorbed into your body.* Suitable for
vegetarians and vegans.

* 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 AVA
YES RECYCLABLE PACKAGING
YES MANUFACTURING SUPPORTS
WIND POWER
YES KOSHER-PARVE
YES CERTIFIED HALAL BY IFANCA

NO YEAST, WHEAT OR SOY
NO MILK OR SALT
NO PRESERVATIVES
NO ARTIFICIAL COLORS,
FLAVORS OR SWEETENERS

Lot No:

Best by:



ESTABLISHED
— 1971 —
**Country
Life**

**METHYL
B12**

3000 mcg

Certified Gluten-Free



- Supports energy and stamina*
- Tastes great

Dietary
Supplement **50** Lozenges

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

Directions: Adults take one (1)
lozenge daily and allow to fully dissolve
in mouth before swallowing. As a reminder,
discuss the supplements and medications that you take
with your health care providers.

Supplement Facts

Serving Size 1 lozenge

Amount Per Serving		% Daily Value
Vitamin C (as ascorbic acid)	50 mg	56%
Folate	667 mcg DFE (400 mcg folic acid)	167%
Vitamin B12 (as methylcobalamin)	3,000 mcg	125,000 %

Other Ingredients: Fructose, cellulose, mannitol, starch, stearic
acid, magnesium stearate, silica, natural cherry flavor, natural
raspberry flavor. **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
Product No. 1646