

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.

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

This product has been manufactured at a GMP Registered facility.

Lot No:



Best by:



Dietary Supplement **120** Lozenges

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

ESTABLISHED  
— 1971 —  
**Country  
Life**

**METHYL  
B12**

**3000 mcg**

**Certified Gluten-Free**

- Supports energy and stamina\*
- Tastes great



**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.**

Manufactured by Country Life, LLC  
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CountryLifeVitamins.com  
Product No. 1649