

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.\* Vitamin B12 is vital for vegan diets.

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

Lot No: **20G518A**  
**07/23**

Best by:



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ESTABLISHED  
— 1971 —

**Country<sup>®</sup>  
Life**

**VITAMIN  
B12**

**1,000 mcg**

**Certified Gluten-Free**

**Supports energy\***

**Dietary Supplement** | **60 Tablets**

— *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)	1,000 mcg	41,667%

Other Ingredients: Cellulose, stearic acid, magnesium stearate, silica.

**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. 6291