

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.

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

Lot No:

Best by:



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, vegetable 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
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