

Do not accept if seal is broken. Product No. 1649
Store between 59°-86° F. Keep out of the reach of children.
Helps support nerve function.*

* This statement has not been evaluated by the Food
and Drug Administration. This product is not intended
to diagnose, treat, cure or prevent any disease.

Country Life 101 Corporate Drive, Hauppauge, NY 11788

www.countrylifevitamins.com

Lot No:

10L843B
12/13

Best by:



B VITAMINS

SUPERIOR B-12

3000 mcg

120 Sublingual Lozenges

Dietary Supplement

METHYL B-12



Country Life®

Directions: Adults place lozenge under tongue 30 seconds before swallowing four (4) to seven (7) times weekly. Do not exceed recommended dose. 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	83%
Folic Acid	400 mcg	100%
Vitamin B-12 (as methylcobalamin)	3,000 mcg	50,000%

Other Ingredients: Fructose, mannitol, cellulose, stearic acid, magnesium stearate, silica, natural cherry flavor, raspberry flavor. **WARNING:** If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor. **NO:** Yeast, wheat, soy, gluten, milk, salt, preservatives, artificial color or artificial sweeteners.

