

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.

YES CERTIFIED GLUTEN-FREE BY GFCO.ORG	NO YEAST, WHEAT OR CORN
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

This product has been manufactured at a GMP Registered facility.

Lot No:

Best by:



Dietary
Supplement

60 Tablets

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



VITAMIN B12

1000 mcg

Certified Gluten-Free

Supports energy*

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 16,667%

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

CAUTION: 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.

Do not accept if seal is broken. Store between 59°-86° F. Keep out of the reach of children.

Manufactured by Country Life, LLC
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