

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.

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

This product has been manufactured at a GMP Registered facility.
Lot No:

12616NL

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 allow lozenge to dissolve on 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 B12 (as methylcobalamin)	3,000 mcg	50,000%

Other Ingredients: Fructose, cellulose, mannitol, starch, stearic acid, magnesium stearate, silica, natural cherry flavor, natural raspberry flavor.

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 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
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