

Methionine is found in meat, fish, and dairy products, and plays an important role in many cell functions.\*\* As a source of cysteine, a precursor to the cellular antioxidant glutathione, L-Methionine supports liver health.\*\* As part of the cellular antioxidant defense system, glutathione supports liver detox.\*\* Country Life uses Vitamin B6 to aid in utilization.\*\*

\*\* 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, SALT OR SUGAR                      |
| YES | RECYCLABLE PACKAGING              | NO | PRESERVATIVES                            |
| YES | MANUFACTURING SUPPORTS WIND POWER | NO | ARTIFICIAL COLORS, FLAVORS OR SWEETENERS |
| YES | KOSHER-PARVE                      |    |                                          |

Lot No:

This product has been manufactured at a GMP Registered facility.

Best by:



Dietary Supplement

60 Tablets

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

ESTABLISHED  
— 1971 —  
Country  
Life

# L-METHIONINE

## 500 mg

### Certified Gluten-Free

- Supports liver health\*\*
- Includes Vitamin B6 for utilization\*\*

**Directions:** Adults take one (1) tablet daily, or as directed by your health care provider. 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 B6 (as pyridoxine hydrochloride) 10 mg | 500%          |
| Calcium (as calcium carbonate) 72 mg           | 7%            |
| L-Methionine (free form) 500 mg                | *             |

\* Daily Value not established.

Other Ingredients: Cellulose, stearic acid, magnesium stearate, silica, organic coating (tapioca maltodextrin, sunflower lecithin, sustainable palm oil, guar gum).

**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  
Product No. 1331