

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		

Lot No:

This product has been manufactured at a GMP Registered facility.

Best by:



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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, cellulose & glycerin coating, vegetable glaze.

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