

Directions: Adults take two (2) capsules daily with food. 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 2 capsules
Servings Per Container 60

Amount Per Serving	% Daily Value
Vitamin A (as beta carotene, retinyl palmitate).....	5,000 I.U. 100%
Vitamin C (as calcium ascorbate, ascorbyl palmitate).....	120 mg 100%
Vitamin D (as epicalciferol).....	400 I.U. 100%
Vitamin E (as d-alpha tocopheryl acid succinate).....	120 I.U. 400%
Thiamin (Vitamin B-1) (as thiamine hydrochloride, cocarboxylase)	3 mg 200%
Riboflavin (Vitamin B-2) (as riboflavin, riboflavin 5' phosphate)	3.4 mg 200%
Niacin (as niacinamide, niacin, inositol hexanicotinate), chromium polynicotinate).....	40 mg 200%
Vitamin B-6 (as pyridoxine hydrochloride, pyridoxal 5' phosphate, pyridoxine alpha-ketoglutarate hydrochloride)	4 mg 200%
Folic Acid.....	800 mcg 200%
Vitamin B-12 (as dibenzoyl).....	500 mcg 8,333%
Biotin (as d-Biotin).....	300 mcg 100%
Pantothenic Acid (as d-calcium pantothenate, pantothenine).....	20 mg 200%
Calcium (as calcium ascorbate, hydroxyapatite, d-calcium pantothenate)†	20 mg 2%
Iron (as ferrous succinate)†	9 mg 50%
Phosphorus (as calcium hydroxyapatite)†	1 mg <1%
Iodine (as kelp)†	100 mcg 67%
Magnesium (as magnesium oxide, rice chelate)†	20 mg 5%
Zinc (as zinc monomethionine)†	15 mg 100%
Selenium (as selenium amino acid chelate)†	200 mcg 286%
Copper (as copper citrate)†	0.5 mg 25%
Manganese (as manganese citrate)†	1 mg 50%
Chromium (as chromium polynicotinate)†	120 mcg 100%
Molybdenum (as molybdenum citrate)†	50 mcg 67%
Potassium (as potassium citrate)†	99 mg 3%
Inositol (as inositol, inositol hexanicotinate)	25 mg *
Choline (from 25 mg choline bitartrate)	11.5 mg *
Rutin (from sophorae japonica (flower))	25 mg *
Citrus Bioflavonoid Complex (from orange and grapefruit)†	23 mg *
Enzyme Blend	20 mg *
providing:	
Protease (from aspergillus oryzae)	618 H.U. *
Amylase (from aspergillus oryzae)	212 D.U. *
Lipase (from rhizopus oryzae)	2,26 L.U. *
Cellulase (from trichoderma longibrachiatum)	2.5 C.U. *
Lactase (from aspergillus oryzae)	93.8 Lac.U. *
Organic Aloe Vera (ACTIVAGE®) (leaf)	20 mg *
Betaine (from 20 mg betaine hydrochloride)	15.2 mg *
Phytase (from aspergillus niger)	10 mg *
MariGold Extract (flower) (5% lutein esters equal to 0.5 mg)	10 mg *
Tomato Extract (5% lycopene equal to 0.5 mg)	10 mg *
Boron (as boron citrate)†	1 mg *
Vanadium (as BiODV (bis-glycinato oxovanadium))†	1 mg *

* Daily Value not established.

Other Ingredients: Cellulose (capsule shell), stearic acid, magnesium stearate, cellulose, silica, sorbitol, citric acid.

WARNING: If you are pregnant, nursing, diabetic, hypoglycemic, taking medication or planning surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor.

NO: Wheat, soy, gluten, milk, or artificial color.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a Poison Control Center immediately.



CHROMEMATE®

OptiZinc®

Lot No:

Best by:

08F10L

Do not accept if seal is broken.
Product No. 8181
Store between 59°-86° F.
Keep out of the reach of children.

H.U.-Haemoglobin Units
D.U.-Dextrinizing Units
Lac. U.-Lactase Units
C.U.-Cellulase Units
L.U.-Lipase Units



ChromeMate® brand niacin-bound chromium. ChromeMate® is a registered trademark of InterHealth N.I.

OptiZinc® brand zinc monomethionine. Opti-Zinc® is a registered trademark of InterHealth N.I.

† Country Life always labels minerals in elemental weight.

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