

Directions: Adults chew one (1) wafer daily. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 1 wafer

Amount Per Serving	% Daily Value
Calories 10	
Total Carbohydrate 3 g	1%*
Sugars 3 g	**
Vitamin A (as 50% retinyl palmitate and 50% as beta carotene)	10,000 I.U.200%
Vitamin C (as calcium ascorbate, sodium ascorbate, ascorbic acid, acerola berry extract 4:1)	200 mg333%
Vitamin D (as ergocalciferol)	50 I.U.13%
Vitamin E (as d-alpha tocopheryl acid succinate)	200 I.U.667%
Thiamin (Vitamin B-1)(as thiamine mononitrate)	10 mg667%
Riboflavin (Vitamin B-2)(as riboflavin, riboflavin 5' phosphate)	10 mg588%
Niacin (as niacinamide, chromium polynicotinate)	10 mg50%
Vitamin B-6 (as pyridoxine hydrochloride, pyridoxal 5' phosphate, pyridoxine alpha-ketoglutarate)	10 mg500%
Folic Acid	200 mcg50%
Vitamin B-12 (as cyanocobalamin)	50 mcg833%
Biotin (as d-Biotin)	100 mcg33%
Pantothenic Acid (as d-calcium pantothenate)	10 mg100%
Calcium (as calcium citrate, calcium ascorbate)†	50 mg5%
Iron (as ferrous fumarate)†	5 mg28%
Magnesium (as magnesium oxide)†	50 mg13%
Zinc (as zinc citrate)†	5 mg33%
Selenium (as selenium amino acid chelate)†	25 mcg36%
Copper (as copper oxide)†	0.5 mg25%
Manganese (as manganese citrate)†	2 mg100%
Chromium (as chromium polynicotinate)†	50 mcg42%
Sodium (as sodium ascorbate)†	10 mg<1%
Potassium (as potassium citrate)†	50 mg<2%
Lemon Bioflavonoid Complex (from lemon peel)	20 mg*
Choline (from 21 mg choline bitartrate)	10 mg*
Inositol	10 mg*
Ginkgo Biloba Extract (leaf)(24% flavoglycosides equal to 12 mg)	5 mg*
PABA (para-aminobenzoic acid)	3 mg*

* Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value not established.

Other Ingredients: Fructose, sorbitol, stearic acid, orange flavor, natural pineapple flavor, natural pineapple juice powder, silica, magnesium stearate, natural lemon flavor, citric acid. Contains soy.

WARNING: 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.
NO: Wheat, gluten, milk, preservatives or artificial color.

Do not accept if seal is broken. Product No. 8030

Store between 59°-86° F. Keep out of the reach of children.

† Country Life always labels minerals in elemental weight.

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

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.

*** This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



CHROMEMATE®

Manufactured for Country Life, LLC.

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CountryLifeVitamins.com

Lot No:

Best by:



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MULTIVITAMINS

Chewable ADULT MULTI

Vitamin/Mineral Formula with
Antioxidants and Activated B Vitamins***

Gluten-Free
Dietary Supplement
60 Wafers

