

Directions: Adults take two (2) softgels 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 softgels
Servings Per Container 30

Amount Per Serving % Daily Value

Calories 10	
Calories from Fat 10	
Total Fat 1 g	2%*
Vitamin A (as cod liver oil & beta carotene)	10,000 I.U. 200%
Vitamin C (as ascorbic acid)	150 mg 250%
Vitamin D (D ₃) (as cholecalciferol)	400 I.U. 100%
Vitamin E (as d-alpha tocopherol)	200 I.U. 667%
Thiamin (vitamin B1) (as thiamine hydrochloride)	25 mg 1,667%
Riboflavin (vitamin B2)	25 mg 1,471%
Niacin (as niacinamide)	25 mg 125%
Vitamin B6 (as pyridoxine hydrochloride)	25 mg 1,250%
Folic Acid	400 mcg 100%
Vitamin B12 (as cyanocobalamin)	100 mcg 1,667%
Biotin (as d-Biotin)	100 mcg 33%
Pantothenic Acid (as d-calcium pantothenate)	25 mg 250%
Calcium (as calcium carbonate, calcium citrate)†	50 mg 5%
Iron (as ferrous fumarate)†	5 mg 28%
Iodine (as potassium iodide, kelp)†	150 mcg 100%
Magnesium (as magnesium oxide, magnesium aspartate)†	25 mg 6%
Zinc (as zinc piccolinate)†	10 mg 67%
Selenium (as L-selenomethionine)†	100 mcg 143%
Copper (as copper gluconate)†	0.50 mg 25%
Manganese (as manganese gluconate)†	3 mg 150%
Chromium (as chromium polynicotinate)†	100 mcg 83%
Molybdenum (as molybdenum glycinate chelate)†	100 mcg 133%
Potassium (as potassium aspartate, potassium citrate)†	50 mg <2%
Enzyme Blend (from <i>aspergillus oryzae</i> , <i>saccharomyces cerevisiae</i>) providing Lactase, Amylase, Sucrase, Inositol	30 mg **
Soy Complex (40% isoflavones equal to 8 mg)	25 mg **
Choline (from 25 mg choline bitartrate)	20 mg **
	11 mg **

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

** Daily Value not established.

Other Ingredients: Yellow Beeswax, Soy Lecithin, Soybean Oil (Gelatin, Glycerin, Carob Color, Purified Water, Titanium Dioxide Color (Capsule Shell)). Contains Soy and Fish (Cod). 100% bovine gelatin, BSE-free

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.

Manufactured for Country Life, LLC.

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CountryLifeVitamins.com



Do not accept if seal is broken. Product No. 8085
Store between 59°-86° F. Keep out of the reach of children.
† Country Life always labels minerals in elemental weight.

Lot No:

Best by:



WARNING: If you are pregnant, nursing, diabetic, hypoglycemic, taking medication or planning a surgery, consult your doctor before using this product. Do not exceed 10,000 I.U. of vitamin A per day. Pregnant women and women of child bearing age, do not exceed 8,000 I.U. of vitamin A per day. Two (2) softgels contain 5,000 I.U. of vitamin A from cod liver oil and 5,000 I.U. of beta carotene. If any adverse reactions occur, stop taking the product and consult your doctor.
NO: Yeast, corn, wheat, gluten, milk, salt, sugar, artificial flavors, or preservatives.

MULTIVITAMINS

DAILY MULTI-SORB

Daily multivitamin and mineral supplement with digestive enzymes and isoflavones
60 Softgels
Dietary Supplement

