

08M10L

Lot No:

Best by:



Supplement Facts

Serving Size 4 capsules
Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A (as 50% retinyl palmitate, 50% beta carotene)	10,000 I.U. 200%
Vitamin C (as ascorbic acid)	500 mg 833%
Vitamin D (as ergocalciferol)	200 I.U. 50%
Vitamin E (as d-alpha tocopheryl acid succinate)	200 I.U. 667%
Vitamin K (as phytonadione)	50 mcg 63%
Thiamin (as thiamine hydrochloride, thiamine cocarboxylase)	25 mg 1,667%
Riboflavin†† (vitamin B-2)(as riboflavin, riboflavin 5' phosphate)	25 mg 1,471%
Niacin (as inositol hexaniacinate chromium polynicotinate)	100 mg 500%
Vitamin B-6 (as pyridoxine hydrochloride, pyridoxal 5' phosphate, PAK)	34 mg 1,700%
Folic Acid	400 mcg 100%
Vitamin B-12 (as cyanocobalamin)	100 mcg 1,667%
Biotin (as d-Biotin)	200 mcg 67%
Pantothenic Acid (as d-calcium pantothenate, panthetine)	30 mg 300%
Calcium (as calcium citrate, aspartate, carbonate, alpha-ketoglutarate, lysinate) Iron (as ferrous fumarate)	158 mg 16%
Phosphorus (as dicalcium phosphate)	5 mg 28%
Iodine (as kelp)	80 mg 8%
Magnesium (as magnesium oxide)	125 mcg 83%
Zinc (as zinc citrate)	300 mg 75%
Selenium (as amino acid chelate)	15 mg 100%
Copper (as amino acid chelate)	50 mcg 71%
Manganese (as manganese citrate)	2 mg 100%
Chromium (as chromium polynicotinate)	5 mg 250%
Molybdenum (as amino acid chelate)	200 mcg 167%
Potassium (as potassium citrate)	50 mcg 67%
Enzyme Blend	99 mg 3%
Bromelain (2,400 GDU/g)(from pineapple)(stem) Papain (2,000 USP Units/mg)(from papaya)(plant) Lipase (1,000 LU/g)(from aspergillus niger) DMAE (from 131 mg dimethylaminoethanol. 50 mg *	50 mg *
bitartrate) Ginkgo Biloba Extract (leaf)	50 mg *
(24% flavoglycosides equal to 12 mg, 6% terpene lactones equal to 3 mg) Milk Thistle (seed)(80% silymarin	30 mg *
equal to 24 mg) Inositol (as inositol hexaniacinate)	25 mg *
PAK (pyridoxine alpha-ketoglutarate)	25 mg *
Grape Skin Extract	25 mg *
(25% polyphenols equal to 6.25 mg including proanthocyanidins) Horsetail Extract 2:1 (leaf/stem)	7.5 mg *
Vanadium (from 3 mg vanadyl sulfate)	900 mcg *
Boron (as boron amino acid chelate, citrate, aspartate, 1 mg. picolinate, alpha-ketoglutarate) Silica (from horsetail extract 2:1)	0.5 mg *
alpha-Lipoic Acid † (thioctic acid)	50 mcg *

* Daily Value not established.

Other Ingredients: Cellulose (capsule shell), maltodextrin, magnesium stearate, calcium silicate, silica, sorbitol. Contains soy.

Country Life

101 Corporate Drive
Hauppauge, NY 11788
www.countrylifevitamins.com

CHROMEMATE®

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WARNING: If you are pregnant, nursing, diabetic, hypoglycemic, taking medication or planning a surgery, consult your doctor before using this product. Not recommended for people who regularly consume liver. Children, pregnant women, and women who might become pregnant, do not to use more than 10,000 IU (3,000 µg) per day of supplemental vitamin A except on the advice of a physician. If any adverse reactions occur, stop taking the product and consult your doctor.

**** 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.**

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.



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Dietary Supplement

