

Lot No:

Best by Date:



Directions: Adult females take two (2) tablets 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 tablets
Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A (as beta carotene, retinyl palmitate, natural mixed carotenoids)	5,000 I.U. 100%
Vitamin C (as ascorbic acid, ascorbyl palmitate)	300 mg 500%
Vitamin D (D2) (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 (vitamin B1) (as thiamine hydrochloride, thiamine cocarboxylase)	25 mg 1,667%
Riboflavin (vitamin B2) (as riboflavin, riboflavin 5' phosphate)	25 mg 1,471%
Niacin (as niacinamide, inositol hexanicotinate, chromium polynicotinate)	30 mg 150%
Vitamin B6 (as pyridoxine hydrochloride, pyridoxal 5' phosphate, pyridoxine alpha-ketoglutarate hydrochloride)	100 mg 5,000%
Folic Acid	800 mcg 200%
Vitamin B12 (as dibenzocide)	500 mcg 8,333%
Biotin (as d-Biotin)	300 mcg 100%
Pantothenic Acid (as d-calcium pantothenate, panthethine)	200 mg 2,000%
Calcium (as calcium hydroxyapatite, d-calcium pantothenate, citrate dicalcium phosphate)†	100 mg 10%
Iron (as ferrous succinate)†	9 mg 50%
Phosphorus (as calcium hydroxyapatite, dicalcium phosphate)†	41 mg 4%
Iodine (as kelp)†	225 mcg 150%
Magnesium (as magnesium oxide, magnesium rice chelate)†	300 mg 75%
Zinc (as zinc monomethionine)†	15 mg 100%
Selenium (as L-selenomethionine)†	100 mcg 143%
Copper (as copper citrate)†	1 mg 50%
Manganese (as manganese citrate)†	5 mg 250%
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)	100 mg *
L-Tyrosine (free form)	100 mg *
Chaste Berry Extract 4:1	50 mg *
Choline (from 100 mg choline bitartrate)	45 mg *
Ashwagandha Extract 8:1 (root) (1.5% withanolides equal to 0.375 mg)	25 mg *
Grape Seed Extract (providing flavonoid compounds - 95% total polyphenols equal to 23.75 mg)	25 mg *
Grape Skin Extract (25% polyphenols equal to 6.25 mg including proanthocyanidins)	20 mg *
Enzyme Blend providing:	
Protease (from <i>aspergillus oryzae</i>)	618 H.U. *
Amylase (from <i>aspergillus oryzae</i>)	212 D.U. *
Lipase (from <i>rhizopus oryzae</i>)	2.26 L.U. *
Cellulase (from <i>trichoderma longibrachiatum</i>)	2.5 C.U. *
Lactase (from <i>aspergillus oryzae</i>)	93.8 Lac.U. *
Organic Aloe Vera (ACTiValue®)(leaf)	20 mg *
Betaine (from 20 mg betaine hydrochloride)	15.2 mg *
Marigold Extract (flower)(5% lutein esters equal to 0.5 mg)	10 mg *
Phytase (from <i>aspergillus niger</i>)	10 mg *
Boron (as boron citrate)†	1 mg *

* Daily Value not established.

Other Ingredients: Cellulose, stearic acid, maltodextrin, cellulose & glycerin coating, silica, food starch, magnesium stearate, sunflower oil, silica, vanilla, vegetable glaze.

Manufactured by Country Life, LLC

180 Vanderbilt Motor Parkway Hauppauge, NY 11788
CountryLifeVitamins.com

Do not accept if seal is broken. Product No. 8120

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

WARNING: Not to be used during pregnancy. If you are nursing, diabetic, hypoglycemic, 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, soy, gluten, milk or artificial color.

† Country Life always labels minerals in elemental weight.

ChromeMate® brand niacin-bound chromium. ChromeMate®

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

Lac.U.- Lactase Units

L.U.- Lipase Units

C.U.- Cellulase Units

H.U.- Haemoglobin Units

D.U.- Dextrinizing Units

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



This product has been manufactured at an NSF GMP Registered facility.

MAXI-SORB™
Delivery System

Maxine®

DAILY MULTIPLE FOR WOMEN

Dietary Supplement with Iron
Gluten-Free



60 Tablets