

Directions: Adult females take four (4) 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 4 capsules
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 (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 <i>alpha</i> -ketoglutarate hydrochloride)	100 mg ... 5,000%
Folic Acid	800 mcg ... 200%
Vitamin B12 (as dibenzocobalamin)	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%
Phosphorus (as calcium hydroxyapatite, dicalcium phosphate) †	41 mg ... 4%
Iodine (as kelp) †	225 mcg ... 150%
Magnesium (as magnesium rice chelate, oxide) †	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 Tree Berry Extract 4:1	50 mg ... *
Choline (from 100 mg choline bitartrate)	46 mg ... *
Organic Aloe Vera (ACTiValoe®)(leaf)	40 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. ... *
Betaine (from 20 mg betaine hydrochloride)	15.2 mg ... *
Marigold Extract (flower)	10 mg ... *
(5% lutein esters equal to 0.5 mg)	
Phytase (from <i>aspergillus niger</i>)	10 mg ... *
Boron (as boron citrate) †	1 mg ... *

* Daily Value not established.

Other Ingredients: Cellulose (capsule shell), magnesium stearate, silica, modified food starch, maltodextrin.

Manufactured by Country Life, LLC
180 Vanderbilt Motor Parkway, Hauppauge, NY 11788
CountryLifeVitamins.com

Lot No:

Do not accept if seal is broken. Product No. 8124
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.
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OptiZinc® brand zinc monomethionine.
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H.U.- Haemoglobin Units
L.U.- Lipase Units
Lac.U.- Lactase Units

D.U.-Dextrinizing Units
C.U.- Cellulase Units

WARNING: Not to be used during pregnancy. May potentiate the effects of barbiturates. 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.

ACTiValoe

Qmatrix

CHROME MATE

OptiZinc



Best by:



MAXI-SORB™
Delivery System

Maxine®

A DAILY MULTIPLE FOR WOMEN

An Iron-Free Dietary Supplement



120 Vegetarian Capsules