

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.

Lot No:

Best by:

03H11L



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 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, 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 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 (ACTIValue®)(leaf).....	40 mg
Ashwagandha Extract 8:1 (Root).....	25 mg
(1.5% withanolides equal to 0.375 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)	25 mg
Enzyme Blend (<i>Aspergillus niger</i> , <i>Aspergillus oryzae</i>) providing:	20 mg
Protease.....	618 H.U.....
Amylase.....	212 D.U.....
Lipase.....	2,26 L.U.....
Cellulase.....	2.5 C.U.....
Lactase.....	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, maltodextrin, modified starch, sunflower oil.

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

Do not accept if seal is broken. Product No. 8125
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.

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.

† 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. OptiZinc® is a registered trademark of InterHealth N.I.

H.U.- Haemoglobin Units
Lac.U.- Lactase Units
L.U.- Lipase Units

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



MAXI-SORB™
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MULTIVITAMIN & MINERAL

A Daily Multivitamin and Mineral Dietary Supplement for Women



120 Vegetarian Capsules