

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).....	10,000 I.U. 200%
Vitamin C (as calcium ascorbate, ascorbyl palmitate).....	300 mg 500%
Vitamin D (D3)(as cholecalciferol).....	200 I.U. 50%
Vitamin E (as d-alpha tocopheryl acid succinate).....	400 I.U. 1,333%
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, niacin, inositol hexanicotinate, chromium polynicotinate).....	100 mg 500%
Vitamin B6 (as pyridoxine hydrochloride, pyridoxal 5' phosphate).....	25 mg 1,250%
Folic Acid.....	800 mcg 200%
Vitamin B12 (as dibenzoyl).....	500 mcg 8,333%
Biotin (as d-Biotin).....	300 mcg 100%
Pantothenic Acid (as d-calcium pantothenate, panthethine).....	250 mg 2,500%
Calcium (as calcium hydroxyapatite, ascorbate, d-calcium pantothenate, citrate, dicalcium phosphate)†	100 mg 10%
Phosphorus (as calcium hydroxyapatite, dicalcium phosphate)†	21 mg 2%
Iodine (as kelp)†	225 mcg 150%
Magnesium (as magnesium rice chelate, oxide)†	200 mg 50%
Zinc (as zinc monomethionine)†	30 mg 200%
Selenium (as L-selenomethionine)†	200 mcg 266%
Copper (as copper citrate)†	1 mg 50%
Manganese (as manganese citrate)†	5 mg 250%
Chromium (as chromium polynicotinate)†	200 mcg 167%
Molybdenum (as molybdenum citrate)†	50 mcg 67%
Potassium (as potassium citrate)†	99 mg 3%
providing:	
Eleuthero Extract (<i>Eleutherococcus senticosus</i>).....	100 mg *
(root) (Siberian ginseng) (0.8% eleutherosides equal to 0.8 mg)	
Inositol (as inositol, inositol hexanicotinate).....	100 mg *
Saw Palmetto Extract (berry) (45% fatty acids equal to 22.5 mg).....	50 mg *
Choline (from 100 mg choline bitartrate).....	45 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 *
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 *
Tomato Extract (5% lycopene equal to 0.5 mg).....	10 mg *
Boron (as boron citrate)†	1 mg *

* Daily Value not established.

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

Manufactured by Country Life, LLC
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Hauppauge, NY 11788
CountryLifeVitamins.com

Lot No:

Best by:

05M11L



Do not accept if seal is broken. Product No. 8135
Store between 59°-86° F.
Keep out of the reach of children.
Directions: Adult males take two (2) tablets daily with food.
As a reminder, discuss the supplements and medications that you take with your health care providers.

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H.U.- Haemoglobin Units D.U.- Dextrinizing Units
L.U.- Lipase Units C.U.- Cellulase Units
Lac.U.- Lactase Units

† Country Life always labels minerals in elemental weight.



Qmatrix

CHROME MATE

OptiZinc

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Certified GF



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

MAXI-SORB™
Delivery System

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MULTIVITAMIN & MINERAL

A Daily Multivitamin and Mineral
Dietary Supplement for Men
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Tablets