

Directions: Adult males take four (4) capsules daily with food. 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)	10,000 I.U. ... 200%
Vitamin C (as calcium ascorbate, ascorbyl palmitate)	300 mg ... 500%
Vitamin D (as ergocalciferol)	200 I.U. ... 50%
Vitamin E (as d-alpha tocopheryl acid succinate)	400 I.U. ... 1,333%
Vitamin K (as phytionadione)	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 dibenzocozide)	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 ... 286%
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%
Eleuthero Extract (<i>Eleutherococcus senticosus</i>) (root) (Siberian ginseng) (0.8% eleutherosides equal to 0.8 mg)	100 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)	46 mg ... *
Organic Aloe Vera (ACTiValoe®)(leaf)	40 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	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. ... *
Betaine (from 20 mg betaine hydrochloride)	15.2 mg ... *
Mangold Extract (flower) (5% lutein esters providing 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 (capsule shell), magnesium stearate, silica, starch, cellulose, sunflower oil, maltodextrin.

Manufactured by Country Life, LLC
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MAXI-SORB™
Delivery System

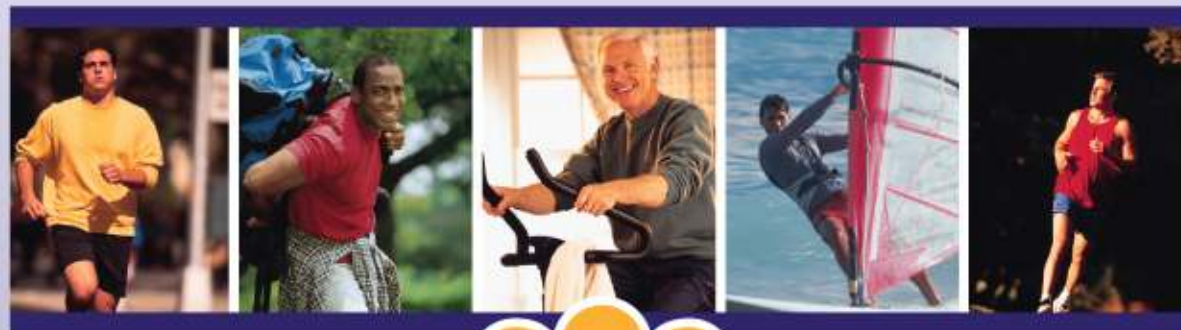
MAX

FOR MEN®

MULTIVITAMIN & MINERAL

An Iron-Free Daily Multivitamin and Mineral Dietary Supplement for Men
Gluten-Free

IRON-FREE



Certified



Gluten-Free



120 Vegetarian Capsules

Lot No:

Best by:



WARNING: If you are pregnant, 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, preservatives or artificial color.

Do not accept if seal is broken. Product No. 8140
Store between 59°-86° F. Keep out of the reach of children.

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

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

† Country Life always labels minerals in elemental weight.

Certified



Gluten-Free



Qmatrix®

ACTiValoe®



CHROMEMATE®



OptiZinc®



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