

09L11L

Best by:

Lot No:

Directions: Adults 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 calcium ascorbate)	300 mg 500%
Vitamin D (as ergocalciferol)	200 I.U. 50%
Vitamin E (as d-alpha tocopheryl acid succinate)	300 I.U. 1,000%
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)	50 mg 250%
Vitamin B6 (as pyridoxine hydrochloride, pyridoxal 5' phosphate)	50 mg 2,500%
Folic Acid	800 mcg 200%
Vitamin B12 (as dibenzozide)	500 mcg 8,333%
Biotin (as d-Biotin)	200 mcg 67%
Pantothenic Acid (as d-calcium pantothenate, pantothenine)	100 mg 1,000%
Calcium (as calcium hydroxyapatite, ascorbate, d-calcium pantothenate, citrate, dicalcium phosphate)†	200 mg 20%
Phosphorus (as calcium hydroxyapatite, dicalcium phosphate)†	74 mg 7%
Iodine (as kelp)†	150 mcg 100%
Magnesium (as magnesium rice chelate, oxide, citrate)†	200 mg 50%
Zinc (as zinc monomethionine)†	20 mg 133%
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%
Spirulina (algae)	50 mg *
Chlorella (algae)	50 mg *
Hydrilla Verticillata Grass (rooted algae)	50 mg *
Wheat Grass Juice & Fiber Concentrate	50 mg *
Organic Kamut Leaves (<i>Triticum polonicum</i>)(leaf)	50 mg *
Barley Grass Juice & Fiber Concentrate	50 mg *
Alfalfa Grass Juice & Fiber Concentrate	50 mg *
Inositol (as inositol, inositol hexanicotinate)	50 mg *
Choline (from 100 mg choline bitartrate)	46 mg *
Organic Aloe Vera (ACTValoe®)(leaf)	40 mg *
Tomato Extract (5% lycopene equal to 1mg)	20 mg *
Dulse (leaf)	20 mg *
Carrot (root)	20 mg *
Organic Broccoli (sprout)	20 mg *
Spinach (leaf)	20 mg *
Shiitake Mushroom	20 mg *
Reishi Mushroom	20 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>)	2.2 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 *
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, food starch, maltodextrin, silica, citric acid. Contains soy.

Manufactured by Country Life, LLC
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CountryLifeVitamins.com

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Do not accept if seal is broken. Product No. 8150
Store between 59°-86° F.
Keep out of the reach of children.

† Country Life always labels minerals in elemental weight.

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

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

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

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ACTValoe®



Qmatrix® CHROME MATE® OptiZinc®

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: Gluten, milk, artificial color.



MAXI-SORB™
Delivery System

BEYOND FOOD®

FOOD BASED MULTIVITAMIN & MINERAL

Gluten-Free

A Daily Dietary Supplement in a Green
Food Matrix Including Whole Food Concentrates



120 Vegetarian Capsules

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