

Directions: Adults take one (1) capsule 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:

02H11L



Supplement Facts

Serving Size 1 capsule

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, ascorbyl palmitate)	60 mg 100%
Vitamin D (as ergocalciferol)	200 I.U. 50%
Vitamin E (as d-alpha tocopheryl acid succinate)	100 I.U. 333%
Thiamin (vitamin B1)(as thiamine cocarboxylase)	3 mg 200%
Riboflavin (vitamin B2)(as riboflavin 5' phosphate)	3.4 mg 200%
Niacin (as inositol hexanicotinate, chromium polynicotinate)	40 mg 200%
Vitamin B6 (as pyridoxal 5' phosphate)	4 mg 200%
Folic Acid	400 mcg 100%
Vitamin B12 (as dibenzozide)	120 mcg 2,000%
Biotin (as d-biotin)	300 mcg 100%
Pantothenic Acid (as pantothenine)	20 mg 200%
Iodine (as kelp)†	100 mcg 67%
Magnesium (as magnesium rice chelate)†	10 mg 3%
Zinc (as zinc monomethionine)†	10 mg 67%
Selenium (as L-selenomethionine)†	100 mcg 143%
Copper (as copper citrate)†	1 mg 50%
Manganese (as manganese citrate)†	2 mg 100%
Chromium (as chromium polynicotinate)†	120 mcg 100%
Molybdenum (as molybdenum citrate)†	20 mcg 27%
Potassium (as potassium citrate)†	10 mg <2%
Inositol (as inositol hexanicotinate, inositol)	20 mg *
Choline (from 40 mg choline bitartrate)	18.4 mg *
Phytase (from <i>aspergillus niger</i>)	10 mg *
Organic Aloe Vera (ACTIValue®) (leaf)	10 mg *
Silica (as silica, horsetail extract 2:1 [leaf/stem])†	5 mg *
Enzyme Blend	5 mg *
providing:	
Protease (from <i>aspergillus oryzae</i>)	154.5 H.U. *
Amylase (from <i>aspergillus oryzae</i>)	53 D.U. *
Lipase (from <i>rhizopus oryzae</i>)	0.5 L.U. *
Cellulase (from <i>trichoderma longibrachiatum</i>)	0.6 C.U. *
Lactase (from <i>aspergillus oryzae</i>)	23.4 Lac. U. *
Betaine (from 5 mg betaine hydrochloride)	3.8 mg *
Boron (as boron citrate)†	500 mcg *

* Daily Value not established.

Other Ingredients: Cellulose (capsule shell), magnesium stearate, cellulose, dicalcium phosphate, silica, maltodextrin, sunflower oil.

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

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Do not accept if seal is broken. Product No. 8171
Store between 59°-86° F. Keep out of the reach of children.

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 or artificial color.

† Country Life always labels minerals in elemental weight.

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H.U. - Haemoglobin Units
C.U. - Cellulase Units

D.U. - Dextrinizing Units
Lac.U. - Lactase Units

L.U. - Lipase Units
P.H.U. - Phytase Units

ACTIValue



Qmatrix



CHROMEMATE®



OptiZinc®



MAXI-SORB™
Delivery System

ENHANCED QM-1™

An Advanced Iron-Free Daily Dietary Supplement



60 Vegetarian Capsules