

Directions: Adults take two (2) 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 2 capsules
Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A (as beta carotene, retinyl palmitate).....	5,000 I.U. 100%
Vitamin C (as calcium ascorbate, ascorbyl palmitate) 120 mg	200%
Vitamin D (as ergocalciferol)	400 I.U. 100%
Vitamin E (as d-alpha tocopheryl acid succinate)	120 I.U. 400%
Thiamin (vitamin B1) (as thiamine hydrochloride, ... 3 mg	200%
cocboxylase)	
Riboflavin (vitamin B2) (as riboflavin, ... 3.4 mg	200%
riboflavin 5' phosphate)	
Niacin (as niacinamide, niacin, inositol hexanicotinate) 40 mg	200%
chromium polynicotinate)	
Vitamin B6 (as pyridoxine hydrochloride, pyridoxal 5' 4 mg	200%
phosphate, pyridoxine alpha-ketoglutarate hydrochloride)	
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, pantothenine)	20 mg ... 200%
Calcium (as calcium ascorbate, hydroxyapatite, ... 20 mg	2%
d-calcium pantothenate)†	
Iron (as ferrous succinate)†	9 mg ... 50%
Iodine (as kelp)†	100 mcg ... 67%
Magnesium (as magnesium oxide, rice chelate)†	20 mg ... 5%
Zinc (as zinc monomethionine)†	15 mg ... 100%
Selenium (as selenium amino acid chelate)†	200 mcg ... 286%
Copper (as copper citrate)†	0.5 mg ... 25%
Manganese (as manganese citrate)†	1 mg ... 50%
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)	25 mg ... *
Choline (from 25 mg choline bitartrate)	11.5 mg ... *
Rutin (from sophora japonica linn) (flower)	25 mg ... *
Citrus Bioflavonoid Complex (from lemon, orange	
and grapefruit) (peel)	
Enzyme Blend.....	20 mg ... *
providing:	
Protease (from aspergillus oryzae)	618 H.U. *
Anyase (from aspergillus oryzae)	212 D.U. *
Lipase (from rhizopus oryzae)	2.26 L.U. *
Cellulase (from trichoderma longibrachiatum)	2.5 C.U. *
Lactase (from aspergillus oryzae)	93.8 Lac.U. *
Organic Aloe Vera (ACTiValoe®)(leaf)	
Betaine (from 20 mg betaine hydrochloride)	20 mg ... *
Phytase (from aspergillus niger)	15.2 mg ... *
Marigold Extract (flower)	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), stearic acid, magnesium stearate, starch, cellulose, silica, maltodextrin, sunflower oil.

WARNING: If you are pregnant, nursing, diabetic, hypoglycemic, taking medication or planning 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 REACH OF CHILDREN.** In case of accidental overdose, call a Poison Control Center immediately.

Manufactured by Country Life, LLC

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CountryLifeVitamins.com

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CHROMEMATE®

OptiZinc®

Qmatrix®

ACTiValoe®

Lot No:

Best by:



Do not accept if seal is broken.
Product No. 8180
Store between 59°-86° F.
Keep out of the reach of children.

H.U.-Haemoglobin Units
D.U.-Dextrinizing Units
Lac. U.-Lactase Units
C.U.-Cellulase Units
L.U.-Lipase Units
03H12L

ChromeMate® brand niacin-bound chromium. ChromeMate® is a registered trademark of InterHealth N.I. ACTiValoe® and Qmatrix® are registered trademarks of Aloecorp, Inc. OptiZinc® brand zinc monomethionine. Opti-Zinc® is a registered trademark of InterHealth N.I. † Country Life always labels minerals in elemental weight.



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

MULTIVITAMINS

MAXI-SORB™
Delivery System
THE ADULT MULTIPLE

SENIORITY MULTIVITAMIN

A daily multiple
including digestive enzymes

Gluten-Free
Vegetarian Capsules
Dietary Supplement

