



Best by:

Lot No:

Directions: Adult females take one (1) tablet 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 1 tablet. Vitamin A (as beta carotene, natural mixed carotenoids) 2,500 I.U. (50% DV) **Vitamin C** (as ascorbic acid, amla extract, acerola berry extract) 100 mg (167% DV) **Vitamin D** (D3)(as cholecalciferol) 800 I.U. (200% DV) **Vitamin E** (as d-alpha tocopheryl acid succinate) 50 I.U. (167% DV) **Vitamin K** (as phytonadione (K1), menaquinone (K2)) 81 mcg (101% DV) **Thiamin** (vitamin B1)(as thiamine hydrochloride, thiamine cocarboxylase) 5 mg (333% DV) **Riboflavin** (vitamin B2)(as riboflavin, riboflavin 5' phosphate) 5 mg (294% DV) **Niacin** (as inositol hexanicotinate, chromium polynicotinate) 20 mg (100% DV) **Vitamin B6** (as pyridoxine hydrochloride, pyridoxal 5' phosphate) 5 mg (250% DV) **Folic Acid** 400 mcg (100% DV) **Vitamin B12** (as cyanocobalamin, methylcobalamin) 500 mcg (8,333% DV) **Biotin** (as d-Biotin) 300 mcg (100% DV) **Pantothenic Acid** (as d-calcium pantothenate, panthethine) 26 mg (260% DV) **Calcium** (as calcium hydroxyapatite, ascorbate, calcium fructoborate)† 220 mg (22% DV) **Phosphorus** (as calcium hydroxyapatite)† 102 mg (10% DV) **Magnesium** (as magnesium oxide, citrate)† 100 mg (25% DV), **Zinc** (as monomethionine) 5 mg 33%, **Selenium** (as sodium selenate)† 70 mcg (100% DV) **Copper** (as copper amino acid chelate)† 0.9 mg (45% DV) **Manganese** (as manganese amino acid chelate)† 2 mg (100% DV) **Chromium** (as chromium polynicotinate)† 50 mcg (42% DV) **Molybdenum** (as molybdenum amino acid chelate)† 25 mcg (33% DV) **Potassium** (as potassium citrate)† 10 mg <1%, **Proprietary Women's Health Blend:** 200 mg (* DV) **Cranberry Plus Blend:** Organic Cranberry, VitaBerry® Plus Fruit Blend [Grape Seed Extract, Wild Blueberry, Wild Bilberry, Cranberry, Tart Cherry, Prune, Raspberry Seed, Strawberry, Resveratrol (from *polygonum cuspidatum*)(root), Quercetin (from *sophora japonica*)(flower)], Pomegranate Concentrate, Ellagic Acid (from *punica granatum*)(peel) **Calcium fructoborate** (FruiteX B®)(providing 2 mg Boron) Ginger Extract 10:1 (rhizome) **Fermented Organic Whole Food Blend:** Organic Whole Vegetables (organic kale, organic pumpkin, organic red radish sprout, organic broccoli sprout, organic daikon radish sprout, organic collard green, organic spinach, organic beet, organic broccoli, organic pea) **Organic Whole Fruit** (organic cranberry, organic acai, organic blueberry, organic blackberry, organic raspberry, organic strawberry, organic tart cherry, organic pomegranate, organic banana, organic mango) **Organic Whole Legumes and Grains** (organic adzuki bean, organic red lentil bean, organic quinoa sprout powder, organic millet sprout) **Organic Super Foods** (organic noni, organic ginger, organic chlorella, organic spirulina) **Organic Aloe Vera** (ACTiValue®)(100% inner fillet of leaf) **Enzyme Blend** providing: **Protease** (from *aspergillus oryzae*) 154 H.U. (* DV) **Amylase** (from *aspergillus oryzae*) 53 D.U. (* DV) **Lipase** (from *rhizopus oryzae*) 1.5 L.U. (* DV) **Cellulase** (from *trichoderma longibrachiatum*) 0.62 C.U. (* DV) **Lactase** (from *aspergillus oryzae*) 23.45 Lac.U. (* DV) **Proprietary Probiotic Blend** from: **Lactobacillus rhamnosus** 420,000** **Lactobacillus acidophilus** 360,000** **Bifidobacterium lactis** 300,000** **Bifidobacterium longum** 120,000** **Inositol** (as inositol, inositol hexanicotinate) 54 mg (* DV) **Sharp-PS® GOLD** 55 mg (* DV) **Conjugated PS-DHA** (phosphatidylserine-docosahexaenoic acid)(from soy lecithin, fish extracts-blue whiting, herring)(standardized at 45% PS equal to 25 mg and 8% DHA equal to 4 mg) **Betaine** (as betaine hydrochloride) 38 mg (* DV) **Citrus Bioflavonoid Complex** (from lemon, orange and grapefruit)(fruit) 25 mg (* DV). **Choline** (from 30 mg choline bitartrate) 12 mg (* DV)

* Daily Value not established. **Viable cell count at the time of manufacture.

Other Ingredients: Cellulose, gum arabic, cellulose & glycerin coating, silica, sunflower oil, corn starch, maltodextrin, vegetable glaze, natural flavor. Contains milk, soy and fish (blue whiting, herring).

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

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

L.U. - Lipase Units

Manufactured by Country Life, LLC • 180 Vanderbilt Motor Parkway, Hauppauge, NY 11788 (USA) • CountryLifeVitamins.com

NO: Wheat, gluten, artificial color, artificial flavor, or artificial sweeteners. This product has been manufactured at an NSF GMP Registered facility.

*** This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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. Product No. 8196. **Do not accept if seal is broken. Store between 59°-86° F.** † Country Life always labels minerals in elemental weight. Sharp PS® Gold is a trademark of Enzymotec Ltd. FruiteX B® (US #5962049) is a registered trademark and is

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60 Tablets

Dietary
Supplement

CORE Daily-1

MULTIVITAMINS

1 DAILY WOMEN 50+

- Supports Energy Metabolism***
- Whole Food Based Multi
- Probiotics and Enzymes
- Coenzyme B-Vitamins
- Whole Fruit Cranberry and ActivAloe® Aloe Vera (100% inner fillet)
- Gluten Free