

**Directions:** Adults take one (1) tablet daily. For best utilization, take 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

Amount Per Serving	% Daily Value
Vitamin A (as beta carotene 10,000 IU and retinyl palmitate 5,000 IU)	15,000 I.U. 300%
Vitamin C (as ascorbic acid)	100 mg . . . 167%
Vitamin D (D <sub>3</sub> ) (as cholecalciferol)	400 I.U. . . . 100%
Vitamin E (as d-alpha tocopheryl acid succinate)	100 I.U. . . . 333%
Thiamin (vitamin B1) (as thiamine hydrochloride)	100 mg . . . 6,667%
Riboflavin (vitamin B2)	100 mg . . . 5,882%
Niacin (as niacinamide)	100 mg . . . 500%
Vitamin B6 (as pyridoxine hydrochloride)	100 mg . . . 5,000%
Folic Acid	400 mcg . . . 100%
Vitamin B12 (as cyanocobalamin)	100 mcg 1,667%
Biotin (as d-Biotin)	100 mcg . . . 33%
Pantothenic Acid (as d-calcium pantothenate)	100 mg . . . 1,000%
Calcium (as carbonate, citrate, lysinate, aspartate, alpha-ketoglutarate)†	75 mg . . . . . 8%
Iron (as fumarate, citrate, glycinate)†	10 mg . . . . . 56%
Iodine (as kelp)†	225 mcg . . . 150%
Magnesium (as oxide, citrate, taurinate, aspartate, alpha-ketoglutarate)†	30 mg . . . . . 8%
Zinc (as oxide, citrate, lysinate, taurinate, aspartate)†	20 mg . . . . . 133%
Selenium (as L-selenomethionine)†	20 mcg . . . . . 29%
Copper (as sulfate, citrate, aspartate)†	2 mg . . . . . 100%
Manganese (as sulfate, citrate, aspartate, histidine)†	6 mg . . . . . 300%
Chromium (as chromium picolinate) †	20 mcg . . . . . 17%
Potassium (as citrate, chloride, aspartate, succinate)†	15 mg . . . . . <1%
PABA (para-aminobenzoic acid)	100 mg . . . . . *
Inositol	100 mg . . . . . *
Choline (from 100 mg of choline bitartrate)	46 mg . . . . . *
Rutin (from <i>sophorae japonica linn</i> ) (flower)	25 mg . . . . . *
L-Glutamic Acid (free form)	25 mg . . . . . *
Citrus Bioflavonoids Complex (from orange and grapefruit) (fruit)	25 mg . . . . . *
<b>providing:</b>	
Hesperidin	2.38 mg . . . . . *
Betaine (from 25 mg of betaine hydrochloride)	19 mg . . . . . *

\* Daily Value not established.

Other Ingredients: Cellulose, stearic acid, magnesium stearate, cellulose & glycerin coating, silica, vegetable glaze. **WARNING:** If you are pregnant or 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. Not intended for people under the age of 18. Not recommended for people who regularly consume liver. Do not exceed 10,000 I.U. of vitamin A (retinol/retinyl palmitate) per day. Pregnant women and women of childbearing age, do not exceed 8,000 I.U. of vitamin A per day. **NO:** Yeast, wheat, soy, gluten, milk, salt, or artificial color.



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

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

**MULTIVITAMINS**

**TIME RELEASE  
HIGH POTENCY**

**MULTI-100**

A multiple vitamin and mineral formula complexed with special Target-Mins™ mineral carriers

**Gluten-Free  
Dietary Supplement  
Tablets**



6 Best by:

Lot No:

Do not accept if seal is broken. Product No. 8260. Store between 59°-86° F. Keep out of the reach of children. Minerals are complexed with special Target-Mins™ carriers: lysinate, taurinate, aspartate, citrate, alpha-ketoglutarate, histidinate & picolinate. † Country Life always labels minerals in elemental weight.

**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.