Also incorporate some Vitamin D today

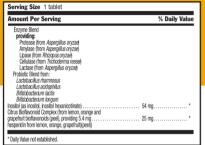
- Maintains healthy bones and teeth**
- Promotes immune health**
- From sustainable source

Available in softgel or liquid in 1000 IU. 2500 IU. and 5000 IU.









Other Ingredients: Cellulose, L-leucine, cellulose & glycerin coating, com starch maltodextrin, silica, vegetable glaze, natural flavor.

† Country Life always labels minerals in elemental weight.

Do not accept if seal is broken. Store in a dry place between 59°-86° F. Keep out of the reach of children.

See box for Lot No. and Best by Date information. YES CERTIFIED GLUTEN-FREE BY GECO.ORG

NO WHEAT SOY OR MILK YES CERTIFIED VEGETARIAN BY THE AVA

NO PRESERVATIVES, ARTIFICIAL COLORS. YES RECYCLABLE PACKAGING FLAVORS OR SWEETENERS YES MANUFACTURING SUPPORTS WIND POWER NO MAGNESIUM STEARATE

CAUTION: If you are pregnant, nursing, diabetic, hypoglycemic, taking medication (especially anti-coagulants, blood thinners), have a medical condition or planning surgery, consult a doctor before using this product. Stop using and consult a doctor if any adverse reactions occur

FruiteX-B® is a registered trademark of VDF FutureCeuticals, Inc. U.S. Patent Nos. 6696419, 6924269, 8809284, 9271994, 9421216, 9102700,

Chromax® chromium picolinate and the Chromax logo are registered trademarks of Nutrition 21, Inc. ACTIValoe® is a registered trademark of Aloecorp, Inc.

Quatrefolic® is a registered trademark of Gnosis S.p.A., U.S. Patent No. 7,947,662





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.

** These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. This product has been manufactured at a GMP Registered facility.

07L18NDN







FOR WOMEN Certified Gluten-Free

200+ mg of Women's Health Blend

- Over 30 Raw Whole Foods
- "Coenzymated" **B** Vitamins for Energy**
- AND Probiotics. Digestive Enzymes, and Aloe



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/lab providers.

Supplement Facts Serving Size 1 tablet

Amount Per Serving	% Daily Value
Vitamin A (as beta carotene)	750 mcg 83%
Vitamin C (as calcium ascorbate, amla extract, acerola berry extract)	
Vitamin D (D3)(as cholecalciferol)	
Vitamin E (as d-alpha tocopheryl acid succinate).	
Vitamin K (as phytonadione (K1))	. 81 mog 68%
Thiamin (vitamin B1)(as thiamine hydrochloride,	. 5 mg 417%
thiamine cocarboxylase chloride)	5 0050/
Riboflavin (vitamin B2)(as riboflavin, riboflavin 5' phosphate)	
Niacin (as inositol hexanicotinate) Vitamin B6 (as pyridoxine hydrochloride, pyridoxal 5' phosphate)	
Folate (as (6SI-5-Methyltetrahydrofolate-glucosamine salt)	
	ncg folic acid)
Vitamin B12 (as cyanocobalamin, methylcobalamin).	100 mcn 4 167%
Biotin (as d-Biotin)	
Pantothenic Acid (as calcium d-pantothenate, pantethine)	
Calcium (as calcium hydroxyapatite, calcium ascorbate.	
calcium fructoborate, calcium d-pantothenate)†	
Iron (as ferrous gluconate)†	
Phosphorus (as calcium hydroxyapatite)†	
Magnesium (as magnesium oxide, citrate)†	
Zinc (as zinc monomethionine)†	
Selenium (as sodium selenate)†	. 70 mcg 127%
Copper (as copper amino acid chelate [rice protein based])†	
Manganese (as manganese amino acid chelate [rice flour based])†	
Chromium (as chromium picolinate)†	. 50 mog 143%
Molybdenum (as molybdenum amino acid chelate [rice flour based])†	
Potassium (as potassium citrate)†	

Women's Health Blend: Cranberry Plus Blend: Organic Cranberry (fruit), Grape Seed Extract, Pomegranate Extract (fruit), Pomegranate (from punica granatum)(peel), Quercetin (from sophora japonica linn) (flower), Wild Blueberry (fruit), Resveratrol (from polygonum cuspidatum)(root), Tart Cherry (fruit), Strawberry (fruit), Raspberry (seed), Wild Bilberry (fruit), Prune (fruit)

23 mg

Calcium fructoborate(FruiteX-B®)(providing 1.5 mg Boron)

Ginger Extract (root)

Choline (from choline bitartrate)

Fermented Organic Whole Food Blend: Organic Whole Vegetables (organic kale (leaf), organic dalkon radish sprout (seed), organic broccoli sprout (seed), organic collard greens (leaf), organic spinach (leaf), organic beet (root), organic broccoli (stem & flower), organic pea (seed)) Organic Whole Fruits (organic cranberry (fruit), organic pumpkin (fruit). organic acai (fruit), organic blackberry (fruit), organic tart cherry (fruit). organic raspberry (fruit), organic blueberry (fruit), organic strawberry (fruit), organic pomegranate (fruit), organic banana (fruit), organic mango (fruit)) Organic Whole Legumes and Grains (organic adzuki bean (seed), organic red lentil bean (seed), organic guinga sprout (seed).

organic millet sprout (seed) Organic Super Foods (organic ginger (root), organic chlorella (bloom), organic spirulina (bloom))

Organic Aloe Vera (ACTIValoe®)(100% inner fillet of leaf)

Manufactured by Country Life, LLC 180 Vanderbilt Motor Parkway, Hauppauge, NY 11788 (USA) CountryLifeVitamins.com ©2018 Country Life® Product No. 8192