

Lot No:

Best by:



Directions: Adult females take two (2) tablets daily with food. Do not exceed recommended dose. As a reminder, discuss the supplements and medications that you take with your health care and lab providers.

Supplement Facts

Serving Size 2 tablets
Servings Per Container 60

Amount Per Serving	% Daily Value
Vitamin A (as beta carotene, retinyl palmitate, natural mixed carotenoids)	1,500 mcg (5,000 IU) 167%
Vitamin C (as ascorbic acid, ascorbyl palmitate)	300 mg 333%
Vitamin D (D2)(as ergocalciferol)	5 mcg (200 IU) 25%
Vitamin E (as d-alpha tocopheryl acid succinate)	14.4 mg (21.6 IU) 96%
Vitamin K (as chlorophyll)	50 mcg 42%
Thiamin (Vitamin B1)(as thiamine hydrochloride, thiamine co-carboxybenzyl chloride)	25 mg 2,083%
Riboflavin (Vitamin B2)(as riboflavin, riboflavin 5' phosphate)	25 mg 1,923%
Niacin (as niacinamide, inositol hexanicotinate)	30 mg 188%
Vitamin B6 (as pyridoxine hydrochloride, pyridoxal 5' phosphate, pyridoxine alpha-ketoglutarate hydrochloride)	100 mg 5,882%
Folate (as (RS)-5-Methyltetrahydrofolate -glucosamine salt)	200 mcg DFE 50%
Vitamin B12 (as 12-methylcobalamin)	500 mcg (120 mcg biologic acid) 20,833%
Biotin (as d-biotin)	300 mcg 1,000%
Pantothenic Acid (as calcium d-pantothenate, panthethine)	200 mg 4,000%
Calcium (as calcium hydroxyapatite, calcium d-pantothenate, calcium citrate, disodium phosphate)	112 mg 9%
Iron (as ferrous succinate)	9 mg 50%
Phosphorus (as calcium hydroxyapatite, calcium phosphate)	46 mg 4%
Iodine (as potassium iodide)	225 mcg 150%
Magnesium (as magnesium oxide, magnesium rice chelate [rice protein based])†	300 mg 71%
Zinc (as zinc monomethionine)†	15 mg 136%
Selenium (as L-selenomethionine)†	100 mcg 182%
Copper (as copper citrate)†	1 mg 111%
Manganese (as manganese citrate)†	5 mg 217%
Chromium (as chromium picolinate)†	120 mcg 343%
Molybdenum (as molybdenum amino acid chelate)(rice flour based)††	50 mcg 111%
Potassium (as potassium citrate, potassium equal to 25 mg including potassium benzoate)	99 mg 2%
Cofactor (from choline bitartrate)	41 mg 7%
Inositol (as inositol, inositol hexanicotinate)	100 mg
L-Tyrosine (free form)	100 mg
Grape Extract (seed and pomace) (50% polyphenols)	50 mg
Health blend	31 mg
providing:	
Ashwagandha Extract 8:1 (root)	
Aztec mung bean Extract (flower) (10% lutein esters)	
Betaine (from 20 mg betaine hydrochloride)	15.2 mg
Boron (as boron citrate)†	1 mg

* Daily Value not established.

Other Ingredients: Cellulose, stearic acid, maltodextrin, organic coating (tapioca maltodextrin, sunflower lecithin, sustainable palm oil, guar gum), magnesium stearate, starch, silica, natural vanilla flavor.

† Country Life always labels minerals in elemental weight.

CAUTION: Not to be used during pregnancy. May potentiate the effects of barbiturates. If you are 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.

Do not accept if seal is broken.

Store in a dry place between 59°-86° F.

Keep out of the reach of children.

Manufactured by Country Life, LLC

180 Vanderbilt Motor Parkway

Hempstead, NY 11788 (USA)

CountryLifeVitamins.com

Product No. 8121

A multivitamin and multimineral complex that includes key nutrients for women's health such as "coenzymated" B Vitamins for energy metabolism plus Ashwagandha.**

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.

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chromax®

**** 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.**

YES CERTIFIED GLUTEN-FREE BY GFCO.ORG
YES CERTIFIED VEGAN BY THE AVA
YES RECYCLABLE PACKAGING
YES MANUFACTURING SUPPORTS WIND POWER

NO WHEAT, MILK SOY OR PRESERVATIVES
NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS

This product has been manufactured at a GMP Registered facility.

ESTABLISHED
— 1971 —
Country Life

MAX | **FOR WOMEN™**

Certified Gluten-Free

WITH IRON

MULTIVITAMIN & MINERAL COMPLEX

- Includes Ashwagandha
- Includes Coenzyme B Vitamins
- Only 2 tablets daily



Dietary Supplement

120 Tablets

— Our PLEDGE of INTEGRITY —

AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY