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Lot No:

Best by:

Directions: Adult males take four (4) capsules 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 4 capsules
Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A (as beta carotene, retinyl palmitate, natural mixed carotenoids)	3,000 mcg (10,000 IU) ... 333%
Vitamin C (as calcium ascorbate, ascorbyl palmitate)	300 mg ... 500%
Vitamin D (as ergocalciferol)	5 mcg (200 IU) ... 25%
Vitamin E (as d-alpha tocopheryl acid succinate)	18.7 mg (27.9 IU) ... 125%
Vitamin K (as phytylquinone)	50 mcg ... 42%
Thiamin (Vitamin B1) (as thiamine hydrochloride)	25 mg ... 2,083%
Thiamine coenzyme (as choline)	
Riboflavin (Vitamin B2) (as riboflavin, riboflavin 5' phosphate)	25 mg ... 1,923%
Niacin (as niacinamide, niacin, nicotinyl benzoate)	100 mg ... 625%
Vitamin B6 (as pyridoxine hydrochloride, pyridoxal 5' phosphate)	8.5 mg ... 500%
Folate (as (RS)-5-Methyltetrahydrofolate-glucosamine salt)	200 mcg DFE (120 mcg) (88S)-5-Methyltetrahydrofolate)
Vitamin B12 (as methylcobalamin)	24 mcg ... 1,000%
Biotin (as d-Biotin)	300 mcg ... 1,000%
Pantothenic Acid	250 mg ... 5,000%
Calcium (as calcium carbonate, calcium D-pantothenate, calcium hydroxyapatite, calcium citrate, calcium phosphate)	122 mg ... 9%
Phosphorus (as calcium hydroxyapatite, dicalcium phosphate)	30 mg ... 2%
Iodine (as potassium iodide)	225 mcg ... 150%
Magnesium (as magnesium rice chelate, zinc protein based, magnesium oxide)	200 mg ... 48%
Zinc (as zinc monomethionine)	30 mg ... 278%
Selenium (as L-selenomethionine)	200 mcg ... 364%
Copper (as copper citrate)	1 mg ... 111%
Manganese (as manganese citrate)	5 mg ... 217%
Chromium (as chromium picolinate)	200 mcg ... 571%
Molybdenum (as molybdenum amino acid chelate)	50 mcg ... 111%
Folic acid base	99 mcg ... 2%
Choline (from choline bitartrate)	41 mg ... 7%
Health Blend	110 mg ... *
Other Ingredients: Cellulose (capsule shell), cellulose, magnesium stearate, silica, starch, maltodextrin, sodium alginate, gum acacia.	
† 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.	
*Daily Value not established.	
providing:	
Eubacter Extract (Eubacterium fermentum) (100% L-lysine)	
Adaptogen Extract (Ginseng) (10% L-lysine)	
Inulin (as Inulin, Inulin fructan)	
Saw Palmetto Extract (berry)	
(40% fatty acids equal to 22.5 mg)	
Grape Skin Extract (50% polyphenols equal to 25 mg including procyanidins)	
Biotin (from 20 mg biotin hydrochloride)	
Lycopene (from tomato extract)	
Boron (as boron citrate)	

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Manufactured by Country Life, LLC
180 Vanderbilt Motor Parkway,
Hauppauge, NY 11788 (USA)
CountryLifeVitamins.com
Product No. 8140

Certified Gluten-Free

IRON-FREE

MULTIVITAMIN & MINERAL COMPLEX

- Magnesium for heart health**
- Includes Saw Palmetto and Lycopene
- Coenzyme B Vitamins for energy metabolism**



Dietary Supplement

120 Vegan Capsules

— Our PLEDGE of INTEGRITY —
AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY



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This product has been manufactured at a GMP Registered facility.

** 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.

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YES CERTIFIED VEGAN BY THE AVA
YES RECYCLABLE PACKAGING
YES MANUFACTURING SUPPORTS WIND POWER

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