

Directions: Adults chew one (1) wafer daily. As a reminder, discuss the supplements and medications that you take with your health care/lab providers.

Lot No:

Best by:

Supplement Facts

Serving Size 1 wafer

Amount Per Serving	% Daily Value
Calories 10	
Total Carbohydrate 3 g	1%*
Total Sugars 3 g	**
Includes 3 g Added Sugars	6%*
Vitamin A (as 50% retinyl palmitate and 50% as beta carotene)	3,000 mcg (10,000 I.U.) 333%
Vitamin C (as calcium ascorbate, sodium ascorbate, ascorbic acid, acerola berry extract 4:1)	200 mg 222%
Vitamin D (as ergocalciferol)	1.25 mcg (50 I.U.) 6%
Vitamin E (as d-alpha tocopheryl acid succinate)	134.2 mg (200 I.U.) 883%
Thiamin (vitamin B1) (as thiamine mononitrate)	10 mg 833%
Riboflavin (vitamin B2) (as riboflavin, riboflavin 5' phosphate)	10 mg 769%
Niacin (as niacinamide)	10 mg 63%
Vitamin B6 (as pyridoxine hydrochloride, pyridoxal 5' phosphate, pyridoxine alpha-ketoglutarate)	10 mg 588%
Folate	333 mcg DFE (200 mcg folic acid) 83%
Vitamin B12 (as cyanocobalamin)	50 mcg 2,083%
Biotin (as d-Biotin)	100 mcg 333%
Pantothenic Acid (as calcium d-pantothenate)	10 mg 200%
Calcium (as calcium citrate, calcium ascorbate, calcium d-pantothenate)†	50 mg 4%
Iron (as ferrous fumarate)†	5 mg 28%
Magnesium (as magnesium oxide)†	50 mg 12%
Zinc (as zinc citrate)†	5 mg 45%
Selenium (as selenium rice chelate (rice protein based))†	25 mcg 45%
Copper (as copper oxide)†	0.5 mg 56%
Manganese (as manganese citrate)†	2 mg 87%
Chromium (as chromium picolinate)†	50 mcg 143%
Sodium (as sodium ascorbate)†	10 mg <1%
Potassium (as potassium citrate)†	50 mg <2%
Choline (from choline bitartrate)	8 mg <2%
Inositol	10 mg **
Ginkgo Biloba Extract (leaf) (22% flavoglycosides equal to 1.1 mg)	5 mg **
PABA (para-aminobenzoic acid)	3 mg **

* Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established.

Other Ingredients: Fructose, sorbitol, stearic acid, natural orange flavor, natural pineapple flavor, natural pineapple juice powder, silica, magnesium stearate, natural lemon flavor, citric acid.

† Country Life always labels minerals in elemental weight.

Manufactured by Country Life, LLC
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CountryLifeVitamins.com

Product No. 8030

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

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

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Country Life's Adult Chewable multivitamin includes Coenzyme B-Vitamins to support energy metabolism as well as potent antioxidants such as Vitamins C, E, Selenium and Beta carotene.*** All this is delivered in a soft, delicious, chewable wafer with a convenient one a day serving!

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF THE REACH OF CHILDREN.** In case of accidental overdose, call a Poison Control Center immediately.

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

CAUTION: If you are pregnant, nursing, or taking medication, 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.



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*** 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.

chromax®

ESTABLISHED
— 1971 —
Country Life®

• CHEWABLE •
ADULT MULTI

Vitamin/Mineral Formula
Certified Gluten-Free

- One wafer daily
- Includes Coenzyme B-Vitamins
- Includes Antioxidants and Minerals***

PINEAPPLE-ORANGE
FLAVOR

Dietary
Supplement

60 Wafers

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