

05G19NDL

Lot No:

Best by:



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

Supplement Facts

Serving Size 1 wafer

Amount Per Serving	% Daily Value
Calories 10	
Total Carbohydrate 3 g	1%*
Total Sugars 3 g	6%**
Includes 3 g Added Sugars	
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.) 893%
Thiamin (vitamin B1)	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.

Do not accept if seal is broken.

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

Keep out of the reach of children.

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Manufactured by Country Life, LLC

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CountryLifeVitamins.com

Product No. 8031

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
NO ARTIFICIAL FLAVORS
NO ARTIFICIAL SWEETENERS

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Vitamin/Mineral Formula

Certified Gluten-Free

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

PINEAPPLE-ORANGE
FLAVOR

Dietary
Supplement

120 Wafers

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AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY

*** 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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