

05K19NDL



Best by:

Lot No:

Directions: Adults take two (2) 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 2 capsules
Servings Per Container 60

Amount Per Serving	% Daily Value
Vitamin A (as beta carotene, retinyl palmitate).....	1,500 mcg (5,000 IU) 167%
Vitamin C (as calcium ascorbate, ascorbyl palmitate).....	120 mg 133%
Vitamin D (as ergocalciferol).....	10 mcg (400 IU) 50%
Vitamin E (as d-alpha tocopheryl acid succinate).....	4.7 mg (7 IU) 31%
Thiamin (vitamin B1) (as thiamine hydrochloride).....	3 mg 250%
Riboflavin (vitamin B2) (as riboflavin, riboflavin 5-phosphate).....	3.4 mg 262%
Niacin (as niacinamide, niacin, inositol hexanicotinate).....	40 mg 250%
Vitamin B6 (as pyridoxine hydrochloride, pyridoxal 5-phosphate, pyridoxine hydrochloride).....	4 mg 235%
Folate (as (6S)-5-Methyltetrahydrofolate -glucosamine salt).....	200 mcg DFE 50%
Vitamin B12 (as methylcobalamin).....	120 mcg (6S)-5-Methyltetrahydrofolate 500 mcg 20,833%
Biotin (as d-biotin).....	300 mcg 1,000%
Para-aminobenzoic acid (as calcium d-pantothenate, pantothenic acid).....	20 mg 400%
Calcium (as calcium ascorbate, calcium hydroxyapatite, calcium d-pantothenate).....	20 mg <2%
Iron (as ferrous succinate).....	9 mg 50%
Iodine (as potassium iodide).....	100 mcg 67%
Magnesium (as magnesium oxide, magnesium rice chelate).....	20 mg 5%
Zinc (as zinc monomethionine).....	15 mg 136%
Selenium (as selenium rice chelate).....	200 mcg 364%
Copper (as copper citrate).....	0.5 mg 50%
Manganese (as manganese citrate).....	1 mg 43%
Chromium (as chromium picolinate).....	120 mcg 343%
Molybdenum (as molybdenum amino acid chelate).....	50 mcg 111%
Potassium (as potassium citrate).....	99 mg 2%
Choline (from choline bitartrate).....	10.4 mg <2%
Inositol (as inositol, inositol hexanicotinate).....	25 mg
Palmitic acid (from Safflower oil).....	25 mg
Citrus Bioflavonoid Complex (from lemon, orange and grapefruit).....	23 mg
Beta-carotene (from tomato pulp).....	15.2 mg
Biotin (from biotin).....	10 mg
Boron (as boron citrate).....	1 mg

* Daily Value not established

Other Ingredients: Cellulose (capsule shell), cellulose, stearic acid, magnesium stearate, silica, starch, sodium alginate, maltodextrin, gum acacia, Aztec mangold extract. Manufactured by Country Life, LLC 180 Vanderbilt Motor Parkway, Haupauge, NY 11788 (USA).

CountryLifeVitamins.com • Product No. 8181

Country Life® SENIORITY MULTIVITAMIN

Certified Gluten-Free

- Includes Iron and Vitamin C
- Vitamin B12 for energy metabolism**

Country Life's Seniority Multivitamin provides vital nutrients for those who need support for healthy aging.** It includes Vitamin B12 for energy metabolism and Vitamin C to aid in the absorption of iron, an essential mineral that supports red blood cell formation.**

† Country Life always labels minerals in elemental weight.

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CAUTION: If you are pregnant, nursing, diabetic, hypoglycemic, 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.

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

YES KOSHER

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

chroma[®]

Dietary
Supplement

120 Vegan
Capsules

— Our PLEDGE of INTEGRITY —
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.