

05N20NDL

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)	3,000 mcg (10,000 IU) ... 333%
retinyl palmitate, natural mixed carotenoids)	
Vitamin C (as calcium ascorbate, ascorbyl palmitate)	300 mg ... 333%
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%
thiamine (vitamin B1) (as thiamine hydrochloride)	25 mg ... 2,083%
thiamine coenzyme (thiamine)	
riboflavin (vitamin B2) (as riboflavin)	25 mg ... 1,923%
niacin (as niacinamide, niacin)	100 mg ... 625%
inositol hexanicotinate)	
Vitamin B6 (as pyridoxine hydrochloride)	8.5 mg ... 500%
pyridoxal 5' (phosphate)	
Folate (as (RS)-5-Methyltetrahydrofolate)	200 mcg DFE ... 50%
glucosamine salt)	
Vitamin B12 (as methylcobalamin)	24 mcg ... 1,000%
Biotin (as d-Biotin)	300 mcg ... 1,000%
Pantoic Acid	250 mg ... 5,000%
Calcium (as calcium ascorbate, calcium)	
d-pantothenate, calcium hydroxyapatite,	122 mg ... 9%
calcium citrate, calcium hydroxyapatite,	
calcium phosphate	30 mg ... 2%
iodine (as potassium iodide)	225 mcg ... 150%
Magnesium (as magnesium rice chelate)	200 mg ... 48%
(free protein based, magnesium oxide)	
Zinc (as zinc monomethionine)	30 mg ... 273%
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 ... 511%
Molybdenum (as molybdenum amino acid chelate)	50 mcg ... 111%
(free four based)	
Potassium (as potassium citrate, iodide)	99 mg ... 2%
Choline (from choline bitartrate)	41 mg ... 7%
Health Blend	
providing:	120 mg
Essential Extract (Euthenococcus seneciois)	
(root) (0.8% essential oils)	
Aster mangold Extract (flower) (0% plant esters)	
Lycopenes (from tomato extract) (100%)	100 mg
Inositol (as inositol, inositol hexanicotinate)	50 mg
Saw Palmetto Extract (berry)	
(45% fatty acids equal to 22.5 mg)	
Grape Extract (seed and pomace) (50% polyphenols)	50 mg
equal to 25 mg including proanthocyanidins)	
Bitartrate (from 20 mg bitartrate hydrochloride)	15.2 mg
Boron (as boron citrate)	1 mg

* Daily Value not established.

Other Ingredients: Cellulose (capsule shell), cellulose, magnesium stearate, silica.

† 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.

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

A multivitamin and multimineral complex that includes key nutrients for men's health such as "coenzymated" B Vitamins for energy metabolism and magnesium for heart health plus Saw Palmetto and Lycopene.** Now in easy to swallow vegan capsules.

CAUTION: This product is intended for men. Not for use by pregnant or lactating women. If you are diabetic, hypoglycemic, taking medication (especially anti-coagulants, blood thinners), planning surgery, or have a medical condition, consult a doctor before using this product. Stop using and consult a doctor if any adverse reactions occur.

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YES CERTIFIED GLUTEN-FREE BY GFCO.ORG
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

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.

ESTABLISHED
— 1971 —
Country Life

MAX | **FOR MEN**

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