Directions: Adult males take one (1) tablet 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 1 tablet

Amount Per Serving		% Daily Value
Organic Whole Legumes and Grains (organic adzuki bean (seed), organic red lentil bean (seed), organic quinoa sprout (seed), organic millet sprout (seed))		
Organic Super Foods (organic ginger (root), organic chlorella (bloom), organic spirulina (bloom))		
Lycopene (from tomato pulp(extract)		
Inositol (as inositol, inositol hexanicotinate)	54 mg	*
Citrus Bioflavonoid Complex (from lemon, orange and grapefruit bioflavonoids (peel), providing 5.4 mg hesperidin from lemon, orange, grapefruit(peel))	25 mg	*
Enzyme and Probiotic Blend	5.2 mg	*
providing:		
Protease (from *Aspergillus oryzae*)		
Amylase (from *Aspergillus oryzae*)		
Lipase (from *Rhizopus oryzae*)		
Cellulase (from *Trichoderma reesei*)		
Lactase (from *Aspergillus oryzae*)		
Lactobacillus rhamnosus		
Lactobacillus acidophilus		
Bifidobacterium lactis		
Bifidobacterium longum		
Vitamin A (as beta carotene)	750 mcg (2,500 I.U.)	83%
Vitamin C (as calcium ascorbate, amla extract, acerola berry extract)	100 mg	111%
Vitamin D (D3)(as cholecalciferol)	10 mcg (400 I.U.)	50%
Vitamin E (as d-alpha tocopheryl acid succinate)	33.5 mg (50 I.U.)	223%
Vitamin K (as phytonadione (K1))	81 mcg	68%
Thiamin (vitamin B1)(as thiamine hydrochloride, thiamine cocarboxylase chloride)	5 mg	417%
Riboflavin (vitamin B2)(as riboflavin, riboflavin 5' phosphate)	5 mg	385%
Niacin (as inositol hexanicotinate)	20 mg	125%
Vitamin B6 (as pyridoxine hydrochloride, pyridoxal 5' phosphate)	5 mg	294%
Folate (as (6S)-5-Methyltetrahydrofolate-glucosamine salt)	200 mcg DFE (120 mcg folic acid)	50%
Vitamin B12 (as cyanocobalamin, methylcobalamin)	100 mcg	4,167%
Biotin (as d-Biotin)	300 mcg	1,000%
Pantothenic Acid (as calcium d-pantothenate, pantethine)	26 mg	520%
Calcium (as calcium hydroxyapatite, calcium ascorbate, calcium fructoborate, calcium d-pantothenate)†	107 mg	8%
Phosphorus (as calcium hydroxyapatite)†	45 mg	4%
Magnesium (as magnesium oxide)†	46 mg	11%
Zinc (as zinc citrate)†	10 mg	91%
Selenium (as sodium selenate)†	70 mcg	127%
Copper (as copper amino acid chelate [rice protein based])†	0.5 mg	56%
Manganese (as manganese amino acid chelate [rice flour based])†	2 mg	87%
Chromium (as chromium picolinate)†	50 mcg	143%
Molybdenum (as molybdenum amino acid chelate [rice flour based])†	25 mcg	56%
Potassium (as potassium citrate)†	10 mg	<1%
Choline (from choline bitartrate)	23 mg	4%
Men's Health Blend	218.67 mg	*
Saw Palmetto Extract (berry)		
Calcium fructoborate (FruiteX-B®) (providing 1 mg Boron)		
Ginger Extract (root)		
Pumpkin Seed Extract		
Pygeum Extract (*Pygeum africanum* (bark)		
Organic Aloe Vera (ACTIValoe®)(100% inner fillet of leaf)		
Fermented Organic Whole Food Blend:		
Organic Whole Vegetables (organic kale (leaf), organic daikon radish sprout (seed), organic broccoli sprout (seed), organic collard greens (leaf), organic spinach (leaf), organic beet (root), organic broccoli (stem and flower), organic pea (seed))		
Organic Whole Fruits (organic cranberry (fruit), organic pumpkin (fruit), organic acai (fruit), organic blackberry (fruit), organic tart cherry (fruit), organic raspberry (fruit), organic blueberry (fruit), organic strawberry (fruit), organic pomegranate (fruit), organic banana (fruit), organic mango (fruit))		

* Daily Value not established.

Other Ingredients: Cellulose, L-leucine, cellulose & glycerin coating, silica, corn starch, maltodextrin, vegetable glaze.

† 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.
See box for Lot No. and Best by Date information.

YES CERTIFIED GLUTEN-FREE BY GFCO.ORG
YES CERTIFIED VEGETARIAN BY THE AVA
YES RECYCLABLE PACKAGING
YES MANUFACTURING SUPPORTS WIND POWER
NO WHEAT, SOY OR MILK
NO PRESERVATIVES, ARTIFICIAL COLORS, FLAVORS OR SWEETENERS
NO MAGNESIUM STEARATE

CAUTION: If you are pregnant, nursing, diabetic, hypoglycemic, taking medication (especially anti-coagulants, blood thinners), 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.

FruiteX-B® is a registered trademark of VDF FutureCeuticals, Inc. U.S. Patent Nos. 6696419, 6924269, 8809284, 9271994, 9421216, 9102700.

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Quatrefolic® is a registered trademark of Gnosis S.p.A., U.S. Patent No. 7,947,662.

FruiteX-B chromax ACTIValoe Quatrefolic

**** 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.**

This product has been manufactured at a GMP Registered facility.

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Lot No:

Best by:

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MULTIVITAMIN

FOR MEN Certified Gluten-Free

- 200+ mg of Men's Health Blend
- Over 30 Raw Whole Foods
- "Coenzymated" B Vitamins for Energy**
- AND Probiotics, Digestive Enzymes, and Aloe

Dietary Supplement | **60 Tablets** | **2 Month Supply** | Our PLEDGE of INTEGRITY — AUTHENTICITY • CLEANLINESS • FRESHNESS CONSISTENCY • ACCURACY

Other Ingredients: Cellulose, L-leucine, cellulose & glycerin coating, silica, corn starch, maltodextrin, vegetable glaze.

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Manufactured by Country Life, LLC
180 Vanderbilt Motor Parkway, Hauppauge, NY 11788 (USA)
CountryLifeVitamins.com
Product No. 8190

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- Maintains healthy bones and teeth**
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Unique to Men's:
- Saw Palmetto
- Pumpkin Seed Extract
- Encapsulated Tomato Lycopene

All CORE DAILY® 1

- Full Spectrum Digestive Enzymes
- 30+ Whole Fruits, Vegetables & Grains
- 100% Inner Fillet Aloe Vera ACTIValoe
- Boron from FruiteX-B
- Includes Whole Food Vitamin C
- Full Spectrum Probiotic Blend
- Coenzyme B Vitamins, with Methylfolate

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