

Directions: Adult females take one (1) tablet daily with food. Do not exceed recommended dose. In a clinical study, the combination of Country Life's **Core Daily[®] 1** and **Probiotic** was found to be more effective than either product alone in improving digestive health.

Supplement Facts (Serving Size: 1 tablet)

% Daily Value	
Vitamin D ₃ (cholecalciferol) 1000 IU	20%
Vitamin E (d-alpha tocopheryl acid succinate) 33.5 mg (50 IU)	223%
Vitamin K (as phytylmethylquinone) 81 mcg	162%
Thiamine (as thiamine hydrochloride) 5 mg	100%
Riboflavin (as riboflavin) 5 mg	100%
Niacin (as niacin) 50 mg	100%
Vitamin B ₆ (as pyridoxine hydrochloride) 5 mg	100%
Folate (as 5R-(5S)-methyltetrahydrofolate-glucosamine salt) 250 mcg DFE	50%
Vitamin B ₁₂ (as cyanocobalamin, methylcobalamin) 100 mcg	4,167%
Biotin (as D-biotin) 300 mcg	1,000%
Pantothenic Acid (as calcium d-pantothenate, anhydrous) 10 mg	200%
Copper (as copper amino acid chelate [free amino acids]) 2 mg	100%
Chromium (as chromium picolinate) 50 mcg	143%
Molybdenum (as molybdenum amino acid chelate [free amino acids]) 25 mcg	100%
Potassium (as potassium chloride) 10 mg	2%
Calcium (as calcium hydroxyapatite) 250 mg	50%

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

† 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 **NO WHEAT, SOY OR MILK**
YES CERTIFIED VEGAN BY THE VOA **NO PRESERVATIVES, ARTIFICIAL COLORS,**
YES RECYCLABLE PACKAGING **NO FLAVORS OR SWEETENERS**
YES MANUFACTURING SUPPORTS WIND POWER **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.

FruiteLife[®] is a registered trademark of VDF FutureCeuticals, Inc. U.S. Patent Nos. 6,664,914, 6,924,269, 6,908,294, 9,271,994, 9,421,216, 9,102,700.

Chromax[®] chromium picolinate and the Chromax logo are registered trademarks of Nutrition 21, Inc. **ACTiVale[®]** is a registered trademark of Akeco, Inc.

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

FruiteLife[®] ACTiVale[®] Chromax[®] Quatrelife[®]

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.

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.

ESTABLISHED 1971

Country Life

ONCE DAILY

CORE DAILY[®] 1

MULTIVITAMIN

FOR WOMEN Certified Gluten-Free

- 200+ mg of Women'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 • FIDELITY • COMMITMENT • ACCURACY



Lot No.:

Best by:

0 15794 08192 0

Manufactured by Country Life, LLC
 180 Vanderbilt Motor Parkway, Hauppauge, NY 11788 (USA)
 CountryLifeVitamins.com
 Product No. 8192

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Simplify your daily supplementation with

Unique to Women's:

- Iron
- Cranberry Plus Blend
- Whole Food Blend

All CORE DAILY[®] 1

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

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- 200+ mg of Women's Health Blend
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Supplement Facts (Serving Size: 1 tablet)

% Daily Value	
Vitamin A (as beta carotene) 750 mcg (2,500 IU)	150%
Vitamin C (as calcium ascorbate, anhydrous, ascorbic acid) 100 mg	111%
Vitamin D ₃ (as cholecalciferol) 1000 IU	200%
Vitamin E (as d-alpha tocopheryl acid succinate) 33.5 mg (50 IU)	223%
Vitamin K (as phytylmethylquinone) 81 mcg	162%
Thiamine (as thiamine hydrochloride) 5 mg	100%
Riboflavin (as riboflavin) 5 mg	100%
Niacin (as niacin) 50 mg	100%
Vitamin B ₆ (as pyridoxine hydrochloride) 5 mg	100%
Folate (as 5R-(5S)-methyltetrahydrofolate-glucosamine salt) 250 mcg DFE	50%
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PLEASE HELP US IN OUR MISSION:
 RECYCLE THIS BOX & BOTTLE AFTER USE.

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Tag us for a chance to be featured.

@CountryLifeVitamins



- Also incorporate some Vitamin D today
- Maintains healthy bones and teeth**
 - Promotes immune health**
 - From sustainable source
- Available in softgel or liquid in 1000 IU, 2500 IU, and 5000 IU.



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