Directions: Adult females 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
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)	20 mcg (800 I.U.)	100%
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 hexaniconate)	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)	500 mcg	20,833%
Biotin (as d-Biotin)	300 mcg	1,000%
Pantothenic Acid (as calcium d-pantothenate, panthethine)	26 mg	520%
Calcium (as calcium hydroxyapatite, calcium ascorbate, calcium fructoborate, calcium d-pantothenate)†	224 mg	17%
Phosphorus (as calcium hydroxyapatite)†	102 mg	8%
Magnesium (as magnesium oxide, citrate)†	100 mg	23%
Zinc (as zinc monomethionine)†	5 mg	45%
Selenium (as sodium selenate)†	70 mcg	127%
Copper (as copper amino acid chelate [rice protein based])†	0.9 mg	100%
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)	12 mg	2%
Women's Health Blend: Calcium Fructoborate (FruiteX-B®)(providing 2 mg Boron) Ginger Extract (root) Cranberry Plus Blend: Organic Cranberry (fruit), Grape Seed Extract, Pomegranate Extract (fruit), Pomegranate (from punica granatum)(peel), Quercetin (from sophora japonica (linn (flower), Wild Blueberry (fruit), Resveratrol (from polygonum cuspidatum)(root), Tart Cherry (fruit), Strawberry (fruit), Raspberry (seed), Wild Bilberry (fruit), Prune (fruit) 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 & 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)) **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)) Organic Aloe Vera (ACTIValoe®)(100% Inner fillet of leaf)	194.83 mg	*

Amount Per Serving		% Daily Value
Sharp-PS® Gold Conjugated PS-DHA (phosphatidylserine-docosahexaenoic acid complex) (from soy lecithin and fish extracts-blue whiting, herring) (standardized at 45% PS equal to 25 mg, 8% DHA as % PS-total fatty acids)	56 mg	*
Inositol (as inositol, inositol hexanicotinate)	54 mg	*
Betaine (as betaine hydrochloride)	38 mg	*
Citrus Bioflavonoid Complex (from lemon, orange 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		

* Daily Value not established.

Other Ingredients: Cellulose, L-leucine, cellulose & glycerin coating, corn starch, maltodextrin, silica, vegetable glaze, natural flavor. Contains soy and fish (blue whiting, herring).

† 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 RECYCLABLE PACKAGING
YES MANUFACTURING SUPPORTS WIND POWER
NO MILK, WHEAT OR PRESERVATIVES
NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS
NO MAGNESIUM STEARATE

CAUTION: If you are pregnant, nursing, diabetic, hypoglycemic, or 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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Sharp-PS® Gold is a registered trademark of Enzymotec Ltd.

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

FruiteX-B ACTIValoe chromax Quatrefolic

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.**

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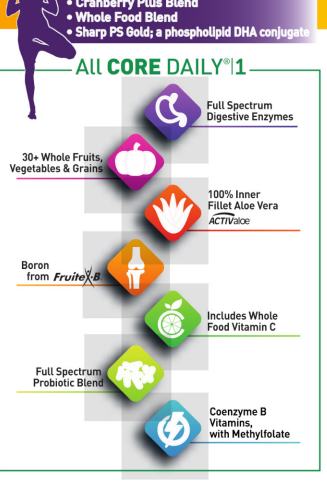
Simplify your daily supplementation with

Unique to Women's 50+:
- Cranberry Plus Blend
- Whole Food Blend
- Sharp PS Gold; a phospholipid DHA conjugate

All CORE DAILY®1



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Lot No:

Best by:

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Manufactured by Country Life, LLC
180 Vanderbilt Motor Parkway, Hauppauge, NY 11788 (USA)
CountryLifeVitamins.com
Product No. 8196

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· ONCE DAILY ·

CORE DAILY®1 MULTIVITAMIN

FOR WOMEN 50+ Certified Gluten-Free

- 190+ 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 • FRESHNESS CONSISTENCY • ACCURACY

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