

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, retinyl palmitate, natural mixed carotenoids)	3,000 mg (10,000 IU) ... 333%
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 chlorophyll)	50 mcg ... 42%
Thiamine (vitamin B1) (as thiamine hydrochloride)	25 mg ... 2,083%
Riboflavin (vitamin B2) (as riboflavin)	25 mg ... 1,923%
Niacin (as niacinamide, niacin)	100 mg ... 625%
Inositol hexanicotinate	8.5 mg ... 500%
Vitamin B6 (as pyridoxine hydrochloride)	200 mcg PFE ... 50%
Folate (as folic acid)	25 mcg ... 1,000%
Biotin (as d-biotin)	300 mcg ... 1,000%
Pantothenic Acid	250 mg ... 5,000%
Choline (from choline bitartrate, pantothenic acid)	41 mg ... 7%
Calcium (as calcium ascorbate, calcium d-pantothenate, calcium hydroxyapatite, dicalcium phosphate, calcium citrate)	122 mg ... 9%
Phosphorus (as calcium hydroxyapatite, dicalcium phosphate)	30 mg ... 2%
Iodine (as potassium iodide)	225 mcg ... 150%
Magnesium (as magnesium oxide)	200 mg ... 48%
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 ... 571%
Molybdenum (as molybdenum amino acid chelate)	50 mcg ... 111%
Free flour based	99 mg ... 2%
Potassium (as potassium citrate, iodide)	120 mg ... 2%
Health Blend	
providing:	
Eleuthero Extract	
Eleuthero Extract (Eleuthero 10% (10%))	
Ascorbic Acid Extract (Ascorbic 10% (10%))	
Lycopene (from tomato extract)	100 mg
Inositol (as inositol, inositol hexanicotinate)	50 mg
Saw Palmetto Extract (berry)	50 mg
Grape Extract (seed and pomace)	50 mg
(50% polyphenols equal to 25 mg)	
Betaine (from 20 mg betaine 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
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CountryLifeVitamins.com
Product No. 8140

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

Lot No:

Best by:

05021



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.