

Lot No:

Best by:



This product has been manufactured at a GMP Registered facility.

****This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

A multivitamin and multimineral complex that includes key nutrients for women's health such as "coenzymated" B Vitamins for energy metabolism plus Ashwagandha.** This formula is IRON FREE. Chromax® chromium picolinate and the Chromax logo are registered trademarks of Nutrition 21, Inc.

CAUTION: Not to be used during pregnancy. May potentiate the effects of barbiturates. If you are nursing, diabetic, hypoglycemic, taking medication (especially anti-coagulants, blood thinners), have a medical condition, or planning a surgery, consult a doctor before using this product. Stop using and consult a doctor if any adverse reactions occur.

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

Directions: Adult females 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)	1,500 mcg (5,000 I.U.) 167%
Vitamin C (as ascorbic acid, ascorbyl palmitate)	300 mg 333%
Vitamin D (as ergocalciferol)	5 mcg (200 I.U.) 25%
Vitamin E (as d-alpha tocopheryl acid succinate)	15 mg (22.5 I.U.) 100%
Vitamin K (as phytolactone)	25 mcg 42%
Thiamine (Vitamin B1) (as thiamine hydrochloride, thiamine coenzyme chloride)	25 mg 2,083%
Riboflavin (Vitamin B2) (as riboflavin, riboflavin 5-phosphate)	25 mg 1,923%
Niacin (as niacinamide, inositol hexanicotinate)	30 mg 188%
Vitamin B6 (as pyridoxine hydrochloride, pyridoxal 5-phosphate, pyridoxine alpha-ketoglutarate hydrochloride)	8.5 mg 500%
Folate (as (RS)-5-Methyltetrahydrolic acid-glucosamine salt)	200 mcg DFE 50%
Vitamin B12 (as methylcobalamin)	500 mcg 20,833%
Biotin (as d-biotin)	300 mcg 1,000%
Pantothenic Acid (as calcium d-pantothenate, pantothenol)	200 mg 4,000%
Choline (from choline bitartrate)	41 mg 7%
Calcium (as calcium hydroxyapatite, calcium d-pantothenate, calcium citrate, dicalcium phosphate)	100 mg 8%
Phosphorus (as calcium hydroxyapatite, dicalcium phosphate)	41 mg 3%
Iodine (as potassium iodide)	225 mcg 159%
Magnesium (as magnesium oxide)	300 mg 71%
Zinc (as zinc monomethionine)	15 mg 136%
Selenium (as L-selenomethionine)	100 mcg 162%
Copper (as copper citrate)	1 mg 111%
Manganese (as manganese citrate)	5 mg 217%
Chromium (as chromium picolinate)	120 mcg 343%
Molybdenum (as molybdenum amino acid chelate free base)	50 mcg 111%
Potassium (as potassium citrate, iodide)	99 mg 2%
Inositol (as inositol, inositol hexanicotinate)	100 mg
L-Tyrosine (free form)	100 mg
Grape Extract (seed and pomace) (55% polyphenols equal to 27.5 mg)	50 mg
Health Blend	31 mg
providing:	
Ashwagandha Extract (root)	
Active Marigold Extract (flower) (10% xanthones)	
Betaine (from 20 mg betaine hydrochloride)	15.2 mg
Boron (as boron citrate)	1 mg

* Daily Value not established.

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

+ 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. 8124
chromax®

Certified Gluten-Free

IRON FREE

MULTIVITAMIN & MINERAL COMPLEX

- Includes Ashwagandha
- Includes Coenzyme B Vitamins



Dietary Supplement **120** Vegetarian Capsules

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 CONSISTENCY • ACCURACY

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