

09110L

Best by:



Lot No:

Directions: Adult males take two (2) tablets daily with food. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 2 tablets Servings Per Container 60

Amount Per Serving	% Daily Value
Vitamin A (as beta carotene, retinyl palmitate, natural mixed carotenoids)	10,000 I.U. 200%
Vitamin C (as calcium ascorbate, ascorbyl palmitate)	300 mg 500%
Vitamin D (as ergocalciferol)	200 I.U. 50%
Vitamin E (as d-alpha tocopheryl acid succinate)	400 I.U. 1,333%
Vitamin K (as phytonadione)	50 mcg 63%
Thiamin (Vitamin B-1) (as thiamine hydrochloride, thiamine cocarboxylase)	25 mg 1,667%
Riboflavin (Vitamin B-2) (as riboflavin, riboflavin 5' phosphate)	25 mg 1,471%
Niacin (as niacinamide, niacin, inositol hexanicotinate, chromium polynicotinate)	100 mg 500%
Vitamin B-6 (as pyridoxine hydrochloride, pyridoxal 5' phosphate)	25 mg 1,250%
Folic Acid	800 mcg 200%
Vitamin B-12 (as dibenzoyl)	500 mcg 8,333%
Biotin (as d-Biotin)	300 mcg 100%
Pantothenic Acid (as d-calcium pantothenate, pantothenol)	250 mg 2,500%
Calcium (as calcium hydroxyapatite, ascorbate, d-calcium pantothenate, citrate)†	100 mg 10%
Phosphorus (as calcium hydroxyapatite)†	21 mg 2%
Iodine (as kelp)†	225 mcg 150%
Magnesium (as magnesium rice chelate, oxide)†	200 mg 50%
Zinc (as zinc monomethionine)†	30 mg 200%
Selenium (as L-selenomethionine)†	200 mcg 286%
Copper (as copper citrate)†	1 mg 50%
Manganese (as manganese citrate)†	5 mg 250%
Chromium (as chromium picolinate)†	200 mcg 167%
Molybdenum (as molybdenum citrate)†	50 mcg 67%
Potassium (as potassium citrate)†	99 mg 3%
Eleuthero Extract (Eleutherococcus senticosus) (root) (Siberian ginseng) (0.8% eleutherosides equal to 0.8 mg)	100 mg *
Inositol (as inositol, inositol hexanicotinate)	100 mg *
Saw Palmetto Extract (berry) (45% fatty acids equal to 22.5 mg)	50 mg *
Choline (from 100 mg choline bitartrate)	45 mg *
Grape Seed Extract (providing flavonoid compounds - 95% total polyphenols equal to 23.75 mg)	25 mg *
Grape Skin Extract (25% polyphenols equal to 6.25 mg including proanthocyanidins)	25 mg *
Enzyme Blend	20 mg *
providing:	
Protease (from aspergillus oryzae)	618 H.U. *
Amylase (from aspergillus oryzae)	212 D.U. *
Lipase (from rhizopus oryzae)	2,26 L.U. *
Cellulase (from trichoderma longibrachiatum)	2.5 C.U. *
Lactase (from aspergillus oryzae)	93.8 Lac.U. *
Organic Aloe Vera (ACTWave™) (leaf)	20 mg *
Betaine (from 20 mg betaine hydrochloride)	15.2 mg *
Marigold Extract (flower) (5% lutein esters equal to 0.5 mg)	10 mg *
Phytase (from aspergillus niger)†	10 mg *
Tomato Extract (5% lycopene equal to 0.5 mg)	10 mg *
Boron (as boron citrate)†	1 mg *
Vanadium (as B60V [bis-glycinate oxovanadium])†	1 mg *

* Daily Value not established.

Other Ingredients: Cellulose, stearic acid, silica, cellulose & glycerin coating, magnesium stearate, vanilla, sorbitol, vegetable glaze.

WARNING: This product is intended for men. Not for use by pregnant or lactating women. If you are diabetic, hypoglycemic, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor.

NO: Wheat, soy, gluten, milk, or artificial color.

Do not accept if seal is broken. Product No. 8136
Store between 59°-86° F. Keep out of the reach of children.

ChromeMate® brand niacin bound chromium. ChromeMate® is a registered trademark of InterHealth N.I.

Opti-Zinc® brand zinc monomethionine. Opti-Zinc® is a registered trademark of InterHealth N.I.

H.U. - Haemoglobin Units
D.U. - Dextrinizing Units
L.U. - Lipase Units
C.U. - Cellulase Units
Lac.U. - Lactase Units



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† Country Life always labels minerals in elemental weight.

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120 Tablets