

MULTIVITAMINS

DAILY TOTAL ONE™

With MAXI-SORB™ Delivery System

A Complete and Balanced
Iron-Free Daily Dietary Supplement
60 Vegetarian Capsules



Best by: 09M10L

Lot No: 015794081616

OptiZinc® brand zinc monomethionine.

OptiZinc® is a registered trademark of InterHealth N.I.

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

† Country Life always labels minerals in elemental weight.

Do not accept if seal is broken. Product No. 8161

Store between 59° -86° F. Keep out of the reach of children.

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

American Vegetarian Association Certified GF

Our manufacturing uses power Gluten-free

Country Life

101 Corporate Drive
Hauppauge, NY 11788
www.countrylifevitamins.com

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Directions: Adults take one (1) capsule daily with food. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 1 capsule

Amount Per Serving	% Daily Value
Vitamin A (as beta carotene, retinyl palmitate)	5,000 I.U. 100%
Vitamin C (as calcium ascorbate, ascorbyl palmitate)	60 mg 100%
Vitamin D (as ergocalciferol)	200 I.U. 50%
Vitamin E (as d-alpha tocopheryl acid succinate)	120 I.U. 400%
Vitamin K (as phytonadione)	25 mcg 31%
Thiamin (vitamin B-1)(as thiamine hydrochloride, cocarboxylase)	10 mg 667%
Riboflavin (vitamin B-2) (as riboflavin, riboflavin 5' phosphate)	10 mg 588%
Niacin (as niacinamide, niacin, inositol hexanicotinate, chromium polynicotinate)	40 mg 200%
Vitamin B-6 (as pyridoxine hydrochloride, pyridoxal 5' phosphate)	20 mg 1,000%
Folic Acid	400 mcg 100%
Vitamin B-12 (as dibenzozide)	120 mcg 2,000%
Biotin (as d-Biotin)	100 mcg 33%
Pantothenic Acid (as d-calcium pantothenate, pantethine)	40 mg 400%
Calcium (as calcium hydroxyapatite, ascorbate, d-calcium pantothenate, citrate)†	20 mg 2%
Phosphorus (as calcium hydroxyapatite)†	5 mg <2%
Magnesium (as magnesium rice chelate, citrate)†	15 mg 4%
Zinc (as zinc monomethionine)†	15 mg 100%
Selenium (as selenium amino acid chelate, L-selenomethionine)†	200 mcg 286%
Copper (as copper citrate)†	1 mg 50%
Manganese (as manganese citrate)†	2 mg 100%
Chromium (as chromium polynicotinate)†	120 mcg 100%
Molybdenum (as molybdenum citrate)†	20 mcg 27%
Potassium (as potassium citrate)†	10 mg <2%
Inositol (as inositol, inositol hexanicotinate)	20 mg *
Choline (from 30 mg choline bitartrate)	13.8 mg *
Phytase (from aspergillus niger)	10 mg *
Enzyme Blend, providing:	10 mg *
Protease (from aspergillus oryzae)	309 H.U. *
Amylase (from aspergillus oryzae)	106 D.U. *
Lipase (from rhizopus oryzae)	1.13 L.U. *
Cellulase(from trichoderma longibrachatum)	1.25 C.U. *
Lactase (from aspergillus oryzae)	46.9 Lac. U. *
Organic Aloe Vera (ACTiValoe™) (leaf)	10 mg *
Silica (as silica, horsetail extract 4:1 (leaf/stem)) †	5 mg *
Betaine (from 5 mg betaine hydrochloride)	3.8 mg *
Boron (as boron citrate)†	500 mcg *
Vanadium (as BGOV [bis-glycinato oxovanadium])†	200 mcg *

* Daily Value not established

Other Ingredients: Cellulose (capsule shell), cellulose, magnesium stearate, silica, sorbitol, dicalcium phosphate, citric acid.

WARNING: If you are pregnant or nursing, 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.