

Directions: Adult males 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/lab providers.

Lot No:

20F875A

08/23

Best by:



Supplement Facts

Serving Size 1 tablet.

Vitamin A (as beta carotene) 750 mcg (83% DV). Vitamin C (as calcium ascorbate, amla extract, acerola berry extract) 100 mg (111% DV). Vitamin D (D3)(as cholecalciferol) 10 mcg (400 IU) (50% DV). Vitamin E (as d-alpha tocopheryl acid succinate) 33.5 mg (223% DV). Vitamin K (as phytonadione (K1)) 81 mcg (68% DV). Thiamin (vitamin B1)(as thiamine hydrochloride, thiamine cocarboxylase chloride) 5 mg (417% DV). Riboflavin (vitamin B2)(as riboflavin, riboflavin 5' phosphate) 5 mg (385% DV). Niacin (as inositol hexanicotinate) 20 mg (125% DV). Vitamin B6 (as pyridoxine hydrochloride, pyridoxal 5' phosphate) 5 mg (294% DV). Folate (as (6S)-5-Methyltetrahydrofolate-glucosamine salt) 200 mcg DFE (120 mcg folic acid) (50% DV). Vitamin B12 (as cyanocobalamin, methylcobalamin) 100 mcg (4,167% DV). Biotin (as d-Biotin) 300 mcg (1,000% DV). Pantothenic Acid (as calcium d-pantothenate, pantothenine) 26 mg (520% DV). Calcium (as calcium hydroxyapatite, calcium ascorbate, calcium fructoborate, calcium d-pantothenate)† 107 mg (8% DV). Phosphorus (as calcium hydroxyapatite)† 50 mg (4% DV). Magnesium (as magnesium oxide, citrate)† 50 mg (12% DV). Zinc (as zinc citrate)† 5 mg (45% DV). Selenium (as sodium selenate)† 70 mcg (127% DV). Copper (as copper amino acid chelate [rice protein based])† 0.25 mg (28% DV). Manganese (as manganese amino acid chelate [rice flour based])† 2 mg (87% DV). Chromium (as chromium picolinate)† 50 mcg (143% DV). Molybdenum (as molybdenum amino acid chelate [rice flour based])† 25 mcg (56% DV). Potassium (as potassium citrate)† 10 mg (<1% DV). Choline (from choline bitartrate) 12 mg (2% DV). Men's Health Blend: 216 mg (*). Saw Palmetto Extract (berry). Calcium fructoborate (FruiteX-B®) (providing 1 mg Boron). Ginger Extract (root). Pygeum Extract 70:1 (bark)(3% phytosterols). Pumpkin Seed Extract. Organic Aloe Vera (ACTiValue®)(100% inner fillet of leaf). 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 and 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)). Lycopene (from tomato pulp)(extract). Enzyme Blend providing: Protease (from *Aspergillus oryzae*). Amylase (from *Aspergillus oryzae*). Lipase (from *Rhizopus oryzae*). Cellulase (from *Trichoderma reesei*). Lactase (from *Aspergillus oryzae*). Probiotic Blend from: *Lactobacillus rhamnosus*, *Lactobacillus acidophilus*, *Bifidobacterium lactis*, *Bifidobacterium longum*. Betaine (as betaine hydrochloride) 76 mg (*). 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 (*). Citrus Bioflavonoid Complex (from lemon, orange and grapefruit bioflavonoids (peel), providing 5.4 mg hesperidin from lemon, orange, grapefruit)(peel) 25 mg (*).

* Daily Value not established.

Other Ingredients: Cellulose, L-leucine, cellulose & glycerin coating, silica, corn starch, maltodextrin, vegetable glaze. 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. This product has been manufactured at a GMP Registered facility.

CAUTION: If you are pregnant, nursing, diabetic, hypoglycemic, 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. Chromax® chromium picolinate and the Chromax logo are registered trademarks of Nutrition 21, Inc. ACTiValue® is a registered trademark of Aloecorp, Inc. 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.

Sharp-PS® GOLD FruiteX-B. chromax® ACTiValue® Quatrefolic®

Manufactured by Country Life, LLC
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NO WHEAT, MILK OR PRESERVATIVES

NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS

NO MAGNESIUM STEARATE

****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.**



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Country® Life

• ONCE DAILY •

CORE DAILY® 1

MULTIVITAMIN

FOR MEN 50+ Certified
Gluten-Free

- ▶ 200+ mg of Men'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
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