

Directions: Adults take one (1) capsule 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 1 capsule

Amount Per Serving	% Daily Value
Vitamin A (as beta carotene, retinyl palmitate).....	1,500 mcg (5,000 I.U.)... 167%
Vitamin C (as calcium ascorbate, ascorbyl palmitate).....	60 mg..... 67%
Vitamin D (as ergocalciferol).....	5 mcg (200 I.U.)..... 25%
Vitamin E (as d-alpha tocopheryl acid succinate).....	81 mg (120 I.U.)..... 540%
Vitamin K (as phytonadione).....	25 mcg..... 21%
Thiamin (vitamin B1) (as thiamine hydrochloride, thiamine cocarboxylase chloride).....	10 mg..... 833%
Riboflavin (vitamin B2) (as riboflavin, riboflavin 5' phosphate).....	10 mg..... 769%
Niacin (as niacinamide, niacin, inositol hexanicotinate).....	40 mg..... 250%
Vitamin B6 (as pyridoxine hydrochloride, pyridoxal 5' phosphate).....	20 mg..... 1,176%
Folate.....	667 mcg DFE (400 mcg folic acid)..... 167%
Vitamin B12 (as methylcobalamin).....	120 mcg..... 5,000%
Biotin (as d-Biotin).....	100 mcg..... 333%
Pantothenic Acid (as calcium d-pantothenate, pantothenine).....	40 mg..... 800%
Choline (from choline bitartrate).....	12 mg..... 2%
Calcium (as calcium hydroxyapatite, calcium ascorbate, calcium d-pantothenate, calcium citrate, dicalcium phosphate)†	20 mg..... <2%
Phosphorus (as calcium hydroxyapatite, riboflavin 5' phosphate, pyridoxal 5' phosphate, dicalcium phosphate)†	5 mg..... <1%
Magnesium (as magnesium citrate)†	8 mg..... 2%
Zinc (as zinc monomethionine)†	15 mg..... 136%
Selenium (as selenium rice chelate (rice protein based), L-selenomethionine)†	200 mcg..... 364%
Copper (as copper citrate)†	1 mg..... 111%
Manganese (as manganese citrate)†	2 mg..... 87%
Chromium (as chromium picolinate)†	120 mcg..... 343%
Molybdenum (as molybdenum amino acid chelate (rice flour based))†	20 mcg..... 44%
Potassium (as potassium citrate)†	10 mg..... <1%
Inositol (as inositol, inositol hexanicotinate).....	20 mg..... *
Silica (as silica, horsetail extract (stem))†	5 mg..... *
Betaine (from 5 mg betaine hydrochloride).....	3.8 mg..... *
Boron (as boron citrate)†	500 mcg..... *

* Daily Value not established

Other Ingredients: Cellulose (capsule shell), cellulose, magnesium stearate, 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
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CountryLifeVitamins.com • Product No. 8161

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Best by:



Daily Total One® is your answer for simple every day nutrition. A once a day multivitamin and multimineral complex, including Coenzyme B-Vitamins to support energy metabolism. ** This formula has been specifically prepared to be IRON FREE.

CAUTION: If you are pregnant or 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.

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** 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.

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

This product has been manufactured at a GMP Registered facility.



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- 1971 -

Country® Life

DAILY TOTAL ONE®

IRON FREE

Certified Gluten-Free

- ▶ 1 capsule daily
- ▶ Includes coenzyme B-Vitamins

Daily Dietary
Supplement

60 Vegan
Capsules

— Our PLEDGE of INTEGRITY —
AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY