

PLEASE HELP US IN OUR MISSION:
RECYCLE THIS BOX & BOTTLE AFTER USE.

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Tag us for a chance to be featured.

@CountryLifeVitamins



Also incorporate some Vitamin D today
• Maintains healthy bones and teeth**
• Promotes immune health**
• From sustainable source
Available in softgel or liquid in 1000 IU,
2500 IU, and 5000 IU.

Simplify your daily
supplementation with



Unique to Men's:

- Saw Palmetto
- Pumpkin Seed Extract
- Encapsulated Tomato Lycopene



ALL CORE DAILY® 1

90% Whole Grains,
Vegetables & Fruits

Full Spectrum
Digestive Enzymes

100% Inner
Fillet Aloe Vera
ACTiValue

Boron
from FruiteX-B®

Full Spectrum
Probiotic Blend

Includes Whole
Food Vitamin C

Coenzyme B
Vitamins,
with Methylfolate

Serving Size 1 tablet	
Amount Per Serving	% Daily Value
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)	
Inositol (as inositol, inositol hexanicotinate)	54 mg *
Citrus Bioflavonoid Complex (from lemon, orange and grapefruit bioflavonoids (peel), providing 5.4 mg)	25 mg *
hesperidin from lemon, orange, grapefruit(peel)	
Enzyme and Probiotic Blend	5.2 mg *
providing:	
Protease (from Aspergillus oryzae)	
Amylase (from Aspergillus oryzae)	
Lipase (from Rhizopus oryzae)	
Cellulase (from Trichoderma reesei)	
Lactase (from Aspergillus oryzae)	
Lactobacillus rhamnosus	
Lactobacillus acidophilus	
Bifidobacterium lactis	
Bifidobacterium longum	

* Daily Value not established.

Other Ingredients: Cellulose, L-leucine, cellulose & glycerin coating, silica, corn starch, maltodextrin, vegetable glaze.

† 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.
See box for Lot No. and Best by Date information.

YES CERTIFIED GLUTEN-FREE BY GFCO.ORG
YES CERTIFIED VEGETARIAN BY THE AVA
YES RECYCLABLE PACKAGING
YES MANUFACTURING SUPPORTS WIND POWER

NO WHEAT, SOY OR MILK
NO PRESERVATIVES, ARTIFICIAL COLORS,
FLAVORS OR SWEETENERS
NO MAGNESIUM STEARATE

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.

Quatrefolic® is a registered trademark of Gnosis S.p.A., U.S. Patent No. 7,947,662.

FruiteX-B ACTiValue Chromax Quatrefolic



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

This product has been manufactured at a GMP Registered facility.

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ESTABLISHED
— 1971 —
Country
Life

• ONCE DAILY •

CORE
DAILY® 1
MULTIVITAMIN

FOR MEN

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



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 and lab providers.

Serving Size 1 tablet

Amount Per Serving	% Daily Value
Vitamin A (as beta carotene)	750 mcg (2,500 IU) 83%
Vitamin C (as calcium ascorbate, amla extract, acerola berry extract)	100 mg 111%
Vitamin D (D3) (as cholecalciferol)	10 mcg (400 IU) 30%
Vitamin E (as d-alpha tocopheryl acid succinate)	33.5 mg (50 IU) 223%
Vitamin K (as phytonadione (K1))	81 mcg 68%
Thiamin (vitamin B1) (as thiamine hydrochloride)	5 mg 417%
thiamine cocarboxylase chloride	
Riboflavin (vitamin B2) (as riboflavin, riboflavin 5' phosphate)	5 mg 385%
Niacin (as inositol hexanicotinate)	20 mg 125%
Vitamin B6 (as pyridoxine hydrochloride, pyridoxal 5' phosphate)	5 mg 294%
Folate (as (S)-5-Methyltetrahydrofolate-glucosamine salt)	200 mcg DFE 50%
	(120 mcg folic acid)
Vitamin B12 (as cyanocobalamin, methylcobalamin)	100 mcg 4,167%
Biotin (as d-Biotin)	300 mcg 1,000%
Pantothenic Acid (as calcium d-pantothenate, panthenol)	26 mg 520%
Calcium (as calcium hydroxyapatite, calcium ascorbate, calcium fructoborate, calcium d-pantothenate)	107 mg 8%
Phosphorus (as calcium hydroxyapatite)	45 mg 4%
Magnesium (as magnesium oxide)	46 mg 11%
Zinc (as zinc citrate)	10 mg 91%
Selenium (as sodium selenate)	70 mcg 127%
Copper (as copper amino acid chelate (rice protein based))	0.5 mg 56%
Manganese (as manganese amino acid chelate (rice flour based))	2 mg 87%
Chromium (as chromium picolinate)	50 mcg 143%
Molybdenum (as molybdenum amino acid chelate (rice flour based))	25 mcg 56%
Potassium (as potassium citrate)	10 mg <1%
Choline (from choline bitartrate)	23 mg 4%

Men's Health Blend: 218.67 mg *

Saw Palmetto Extract (berry)
Calcium fructoborate (FruiteX-B®) (providing 1 mg Boron)
Ginger Extract (root)
Pumpkin Seed Extract
Pygeum Extract (Pygeum africanum) (bark)
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))

Dietary Supplement 60 Tablets 2 Month Supply

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

Manufactured by Country Life, LLC
180 Vanderbilt Motor Parkway, Hauppauge, NY 11788 (USA)
CountryLifeVitamins.com
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