



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.

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

Like/Follow us on our social platforms for new product news, recipes, giveaways and more!

Tag us for a chance to be featured.

@CountryLifeVitamins



Simplify your daily supplementation with



Unique to Women's:

- Iron
- Cranberry Plus Blend
- Whole Food Blend

All CORE DAILY® 1



Full Spectrum Digestive Enzymes



30+ Whole Foods, Vegetables & Grains



100% Inner Fillet Aloe Vera ACTiValue



Boron from FruiteX-B



Includes Whole Food Vitamin C



Full Spectrum Probiotic Blend



Coenzyme B Vitamins, with Methylfolate

Amount Per Serving	% Daily Value
Inositol (as inositol, inositol hexanicotinate).....	54 mg.....*
Citrus Bioflavonoid Complex (from lemon, orange and grapefruit bioflavonoids (peel), providing 5.4 mg).....	25 mg.....*
Bespectrin from lemon, orange, grapefruit(peel).....	5.2 mg.....*
Enzyme and Probiotic Blend 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, corn starch, maltodextrin, silica, vegetable glaze, natural flavor.

† 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 **NO WHEAT, SOY OR MILK**
YES CERTIFIED VEGETARIAN BY THE AVA **NO PRESERVATIVES, ARTIFICIAL COLORS,**
YES RECYCLABLE PACKAGING **NO FLAVORS OR SWEETENERS**
YES MANUFACTURING SUPPORTS WIND POWER **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 FutureCauticals, Inc. U.S. Patent Nos. 6969419, 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 Alcolac, Inc.

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

FruiteX-B ACTiValue Chromax® Quatrefolic

This product has been manufactured at a GMP Registered facility.



** 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.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a Poison Control Center immediately.

10N21



• ONCE DAILY •

CORE DAILY® 1
MULTIVITAMIN

FOR WOMEN
Certified Gluten-Free

- ▶ 200+ mg of Women's Health Blend
- ▶ Over 30 Raw Whole Foods
- ▶ "Coenzymated" B Vitamins for Energy**
- ▶ AND Probiotics, Digestive Enzymes, and Aloe



Directions: Adult females 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.

Supplement Facts

Amount Per Serving	% Daily Value
Vitamin A (as beta carotene).....	750 mcg (2,500 IU)..... 83%
Vitamin C (as calcium ascorbate, amia extract, acerola berry extract).....	100 mg..... 111%
Vitamin D (D3) (as cholecalciferol).....	10 mcg (400 IU)..... 50%
Vitamin E (as d-alpha tocopheryl acid succinate).....	33.5 mg (60 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 (6S)-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, pantothenic)	26 mg..... 520%
Choline (from choline bitartrate).....	23 mg..... 4%
Calcium (as calcium hydroxyapatite, calcium ascorbate, calcium fructoborate, calcium d-pantothenate)†	224 mg..... 17%
Iron (as ferrous gluconate)†	9 mg..... 50%
Phosphorus (as calcium hydroxyapatite)†	102 mg..... 8%
Magnesium (as magnesium oxide, citrate)†	100 mg..... 24%
Zinc (as zinc monomethionine)†	5 mg..... 45%
Selenium (as sodium selenite)†	70 mcg..... 127%
Copper (as copper amino acid chelate (rice protein based))†	0.5 mg..... 100%
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%

Women's Health Blend: 207.5 mg
 Cranberry Plus Blend: Organic Cranberry (fruit), Grape Seed Extract, Pomegranate Extract (fruit), Pomegranate (from punica granatum/seed), Quercetin (from sophora japonica leaf) (flower), Wild Blueberry (fruit), Resveratrol (from polydromum cuspidatum/roset), Tart Cherry (fruit), Strawberry (fruit), Raspberry (seed), Wild Bilberry (fruit), Pine (fruit)
 Calcium Fructoborate(FruiteX-B®)(providing 1.5 mg Boron)
 Ginger Extract (root)
 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 & 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 azuki bean (seed), organic lentil bean (seed), organic quinoa sprout (seed), organic millet sprout (seed))
 Organic Super Foods (organic ginger (root), organic chlorella (bloom), organic spirulina (bloom))
 Organic Aloe Vera (ACTiValue®)100% inner fillet of leaf

Dietary Supplement 60 Tablets 2 Month Supply



Manufactured by Country Life, LLC
 180 Vanderbilt Motor Parkway, Hauppauge, NY 11788 (USA)
 CountryLifeVitamins.com
 ©2022 Country Life®
 Product No. 8192