

Directions: Adult males take two (2) tablets 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 2 tablets
Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A (as beta carotene, retinyl palmitate, natural mixed carotenoids)	3,000 mcg (10,000 IU) 333%
Vitamin C (as calcium ascorbate, ascorbyl palmitate)	300 mg 333%
Vitamin D (D ₃) (as cholecalciferol)	5 mcg (200 IU) 25%
Vitamin E (as d-alpha tocopheryl acid succinate)	18.7 mg (27.9 IU) 125%
Vitamin K (as chlorophyll)	50 mcg 42%
Thiamin (Vitamin B1) (as thiamine hydrochloride, thiamine cocarboxylase chloride)	25 mg 2,083%
Riboflavin (Vitamin B2) (as riboflavin, riboflavin 5' phosphate)	25 mg 1,923%
Niacin (as niacinamide, niacin, inositol hexanicotinate)	100 mg 625%
Vitamin B6 (as pyridoxine hydrochloride, pyridoxal 5' phosphate)	8.5 mg 500%
Folate (as (6S)-5-methyltetrahydrofolate, -glucosamine salt)	200 mcg DFE 50%
Vitamin B12 (as methylcobalamin)	120 mcg (600 mcg acid) 1,000%
Biotin (as d-biotin)	300 mcg 1,000%
Pantothenic Acid (as calcium D-pantothenate, panthothine)	250 mg 5,000%
Choline (from choline bitartrate)	41 mg 7%
Calcium (as calcium hydroxyapatite, calcium ascorbate, calcium D-pantothenate, dicalcium phosphate)	118 mg 9%
Phosphorus (as calcium hydroxyapatite, dicalcium phosphate)	30 mg 2%
Iodine (as potassium iodide)	225 mcg 150%
Magnesium (as magnesium oxide)	200 mg 48%
Zinc (as zinc monomethionine)	30 mg 273%
Selenium (as L-selenomethionine)	200 mcg 364%
Copper (as copper citrate)	1 mg 111%
Manganese (as manganese citrate)	5 mg 217%
Chromium (as chromium picolinate)	200 mcg 571%
Molybdenum (as molybdenum amino acid chelate, rice flour based)	50 mcg 111%
Potassium (as potassium citrate, potassium iodide)	99 mg 2%
Health Blend providing:	110 mg
Eleuthero Extract (Eleutherococcus senticosus) (root) (0.8% eleutherosides)	
Aztec Moringa Extract (flower) (10% lutein esters)	
Lycopenes (from tomato pulp) (extract)	
Inositol (as inositol, inositol hexanicotinate)	100 mg
Saw Palmetto Extract (berry)	50 mg
Grape Extract (seed and pomace) (95% polyphenols equal to 27.5 mg)	50 mg
Benlate (from 20 mg benlate hydrochloride)	15.2 mg
Boron (as boron citrate)	1 mg

* Daily Value not established.

Other Ingredients: Cellulose, stearic acid, starch, hydroxypropylcellulose & glycerin coating, vegetable magnesium stearate, silica, natural vanilla flavor, maltodextrin, sodium alginate, vegetable glaze, gum acacia.

† Country Life always labels minerals in elemental weight.

Manufactured by Country Life, LLC
180 Vanderbilt Motor Parkway
Hauppauge, NY 11788 (USA)
CountryLifeVitamins.com
Product No. 8135

Lot No:

Best by:

A multivitamin and multimineral complex that includes key nutrients for men's health such as "coenzymated" B Vitamins for energy metabolism and magnesium for heart health plus Saw Palmetto and Lycopene.**

**** 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.**

Chromax® chromium picolinate and the Chromax logo are registered trademarks of Nutrition 21, Inc. 

Do not accept if seal is broken. Store in a dry place between 59°-86° F. Keep out of the reach of children.

CAUTION: This product is intended for men. Not for use by pregnant or lactating women. If you are 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.

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

NO WHEAT, MILK OR PRESERVATIVES
NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS
This product has been manufactured at a GMP Registered facility.

ESTABLISHED
— 1971 —
Country Life

MAX | **FOR MEN**

Certified Gluten-Free **IRON FREE**

MULTIVITAMIN & MINERAL COMPLEX

- Magnesium for heart health**
- Includes Saw Palmetto and Lycopene
- Coenzyme B Vitamins for energy metabolism**



Dietary
Supplement

60 Tablets

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

