

05R21



Lot No:

Best by:

**Directions:** Adult females take four (4) capsules 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 4 capsules

Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A (as beta carotene, retinyl palmitate, natural mixed carotenoids)	1,500 mcg (5,000 I.U.) 167%
Vitamin C (as ascorbic acid, ascorbyl palmitate)	300 mg 333%
Vitamin D (as ergocalciferol)	5 mcg (200 I.U.) 25%
Vitamin E (as d-alpha tocopheryl acid succinate)	15 mg (22.51 I.U.) 100%
Vitamin K (as phytonadione)	50 mcg 42%
Thiamin (Vitamin B1) (as thiamine hydrochloride, thiamine cocarboxylase chloride)	25 mg 2,085%
Riboflavin (Vitamin B2) (as riboflavin, riboflavin 5'-phosphate)	25 mg 1,925%
Niacin (as niacinamide, inositol hexanicotinate)	30 mg 188%
Vitamin B6 (as pyridoxine hydrochloride, pyridoxal 5'-phosphate, pyridoxine alpha-ketoglutarate hydrochloride)	8.5 mg 500%
Folate (as (6S)-5-Methyltetrahydrolic acid-glucosamine salt)	200 mcg DFE 50%
Vitamin B12 (as methylcobalamin)	500 mcg 20,833%
Biotin (as d-biotin)	300 mcg 4,000%
Pantothenic Acid (as calcium d-pantothenate, pantothenol)	200 mg 7%
Choline (from choline bitartrate)	41 mg 8%
Calcium (as calcium hydroxyapatite, calcium D-pantothenate, calcium citrate, dicalcium phosphate/dicalcium phosphate)	100 mg 3%
Phosphorus (as calcium hydroxyapatite, dicalcium phosphate)	41 mg 3%
Iodine (as potassium iodide)	225 mcg 150%
Magnesium (as magnesium oxide)	300 mg 71%
Zinc (as zinc monomethionine)	15 mg 136%
Selenium (as L-selenomethionine)	100 mcg 182%
Copper (as copper citrate)	1 mg 111%
Manganese (as manganese citrate)	5 mg 217%
Chromium (as chromium picolinate)	120 mcg 345%
amino acid chelate (rice flour based)	50 mcg 111%
Potassium (as potassium citrate, iodide)	99 mg 2%
Inositol (as inositol hexanicotinate)	100 mg
L-Tyrosine (free form)	100 mg
Grace Extract (seed and pomace) (55% polyphenols equal to 27.5 mg)	50 mg
Herb Blend	31 mg
<b>providing:</b>	
Ashwagandha Extract (root)	
Acacia mangifera Extract (flower) (10% lutein esters)	
Betaine (from 20 mg betaine hydrochloride)	15.2 mg
Boron (as boron citrate)	1 mg

\* Daily Value not established.

**Other Ingredients:** Cellulose, cellulose (capsule shell), magnesium stearate, silica, 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  
 180 Vanderbilt Motor Parkway,  
 Hauppauge, NY 11788 (USA)  
 CountryLifeVitamins.com  
 Product No. 8124

A multivitamin and multimineral complex that includes key nutrients for women's health such as "coenzymated" B Vitamins for energy metabolism plus Ashwagandha.\*\* This formula is IRON FREE. Chromax® chromium picolinate and the Chromax logo are registered trademarks of Nutrition 21, Inc.

**\*\*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.**

This product has been manufactured at a GMP Registered facility.



**CAUTION:** Not to be used during pregnancy. May potentiate the effects of barbiturates. If you are nursing, diabetic, hypoglycemic, taking medication (especially anti-coagulants, blood thinners), have a medical condition, or planning a 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 VEGAN BY THE AVA

**YES** RECYCLABLE PACKAGING

**YES** MANUFACTURING SUPPORTS WIND POWER

**NO** WHEAT OR MILK

**NO** PRESERVATIVES

**NO** ARTIFICIAL COLORS, FLAVORS OR SWEETENERS



# MAX | FOR WOMEN™

Certified Gluten-Free

IRON FREE

## MULTIVITAMIN & MINERAL COMPLEX

- Includes Ashwagandha
- Includes Coenzyme B Vitamins



Dietary Supplement **120** Vegan Capsules

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