

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 60

Amount Per Serving	% Daily Value
Vitamin A (as beta carotene, retinyl palmitate, natural mixed carotenoids)	3,000 mcg (10,000 I.U.) 333%
Vitamin C (as calcium ascorbate, ascorbyl palmitate)	300 mg 333%
Vitamin D (D ₃) (as cholecalciferol)	5 mcg (200 I.U.) 25%
Vitamin E (as d-alpha tocopheryl acid succinate)	18.7 mg (27.9 I.U.) 125%
Vitamin K (as phytonadione)	50 mcg 42%
Thiamin (Vitamin B1) (as thiamine hydrochloride, thiamine cocarboxylase chloride)	25 mg 2,083%
Riboflavin (Vitamin B2) (as riboflavin)	25 mg 1,923%
Niacin (as niacinamide, niacin, nicotinic hexanicotinate)	100 mg 625%
Vitamin B6 (as pyridoxine hydrochloride, pyridoxal 5' phosphate)	8.5 mg 500%
Folate (as 5-Methyltetrahydrofolate, 5-MTHF)	200 mcg DFE 50%
Biotin (as d-Biotin)	120 mcg (10,000 I.U.) 1,000%
Pantothenic Acid (as calcium d-pantothenate, calcium pantothenate)	300 mcg 1,000%
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	
Eleuthero Extract (Eleutherococcus senticosus) (root) (0.8% eleutherosides)	110 mg
Acetic mangold Extract (flower) (10% lutein esters)	
Lycopene (from tomato pulp) (extract)	100 mg
Inositol (as inositol, inositol hexanicotinate),	200 mg
Saw Palmetto Extract (berry)	50 mg
Grape Extract (seed and pomace) (55% polyphenols equal to 27.5 mg)	50 mg
Betaine (from 20 mg betaine hydrochloride)	15.2 mg
Boron (as boron citrate)†	1 mg

* Daily Value not established.

Other Ingredients: Cellulose, stearic acid, starch, hypromellose & 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
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CountryLifeVitamins.com
Product No. 8136

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- 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.

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

chromax®

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 **120** Tablets

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AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY

