

Do not accept if seal is broken. Product No. 5028
Store between 59°-86° F. Keep out of the reach of children.

Directions: Adults take two (2) tablets daily. For best utilization, take with food. Do not exceed recommended dose. As a reminder, discuss the supplements and medications that you take with your health care providers.

WARNING: If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. Not recommended for people who regularly consume liver. If any adverse reactions occur, stop taking the product and consult your doctor.

NO: Wheat, soy, gluten, milk, artificial color, artificial flavor, or artificial sweeteners.

† Country Life always labels minerals in elemental weight.

** 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.

Country Life 101 Corporate Drive, Hauppauge, NY 11788

www.countrylifevitamins.com

Lot No:

10H952CA
09/12

Best by:



HAIR, SKIN & NAILS

TIME RELEASE

MAXI-HAIR®

MAXIMIZED

Nourishment for hair, nails and skin**

60 Tablets

Dietary Supplement



Country Life®

Supplement Facts

Serving Size 2 tablets

Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A (as retinyl palmitate)	5,000 I.U. . . . 100%
Vitamin C (as ascorbic acid, rose hips)	200 mg 333%
Vitamin E (as d-alpha tocopheryl acid succinate)	50 I.U. 167%
Thiamin (vitamin B-1)(as thiamine hydrochloride)	30 mg 2,000%
Riboflavin (vitamin B-2)	50 mg 2,941%
Niacin (as niacinamide)	50 mg 250%
Vitamin B-6 (as pyridoxine hydrochloride)	50 mg 2,500%
Folic Acid	400 mcg . . . 100%
Vitamin B-12 (as cyanocobalamin)	50 mcg 833%
Biotin (as d-Biotin)	2,000 mcg . . 667%
Pantothenic Acid (as d-calcium pantothenate)	50 mg 500%
Calcium (as calcium carbonate)†	200 mg 20%
Iodine (as kelp)†	225 mcg . . . 150%
Zinc (as zinc amino acid chelate)†	15 mg 100%
Selenium (as selenium amino acid chelate)†	50 mcg 71%
Copper (as copper amino acid chelate)†	1 mg 50%
MSM (methylsulfonylmethane)	600 mg *
L-Methionine (free form)	250 mg *
Horsetail Extract 2:1 (leaf/stem)	100 mg *
L-Cysteine (as L-cysteine hydrochloride)	100 mg *
Inositol	50 mg *
PABA (para-aminobenzoic acid)	50 mg *
Choline (from 50 mg choline bitartrate)	23 mg *

* Daily Value not established.

Other Ingredients: Cellulose, stearic acid, oligosaccharides, magnesium stearate, cellulose & glycerin coating, silica, calcium silicate, natural vanilla, vegetable glaze.