

MAXI-SORB™

Delivery System

IRON-FREE

MAX

FOR MEN®

MULTIVITAMIN & MINERAL

An Iron-Free Daily Multivitamin and Mineral Dietary Supplement for Men



Certified
GF
Gluten-Free



Country Life®

120 Vegetarian Capsules



Best by:

106915A
07/13

Lot No.:

Directions: Adult males take four (4) capsules daily with food. As a reminder, discuss the supplements and medications that you take with your health care 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)	10,000 I.U. 200%
Vitamin C (as calcium ascorbate, ascorbyl palmitate)	300 mg 500%
Vitamin D (as ergocalciferol)	200 I.U. 50%
Vitamin E (as d-alpha tocopheryl acid succinate)	400 I.U. 1,333%
Vitamin K (as phytonadione)	50 mcg 63%
Thiamin (vitamin B-1) (as thiamine hydrochloride, thiamine cocarboxylase)	25 mg 1,667%
Riboflavin (vitamin B-2) (as riboflavin, riboflavin 5' phosphate)	25 mg 1,471%
Niacin (as niacinamide, niacin, inositol hexanicotinate)	100 mg 500%
Vitamin B-6 (as pyridoxine hydrochloride, pyridoxal 5' phosphate)	25 mg 1,250%
Folic Acid	800 mcg 200%
Vitamin B-12 (as dibenzoyl)	500 mcg 8,333%
Biotin (as d-Biotin)	300 mcg 100%
Pantothenic Acid (as d-calcium pantothenate, pantethine)	250 mg 2,500%
Calcium (as calcium hydroxyapatite, ascorbate, d-calcium pantothenate, citrate)†	100 mg 10%
Phosphorus (as calcium hydroxyapatite)†	21 mg 2%
Iodine (as kelp)†	225 mcg 150%
Magnesium (as magnesium rice chelate, oxide)†	200 mg 50%
Zinc (as zinc monomethionine)†	30 mg 200%
Selenium (as L-selenomethionine)†	200 mcg 286%
Copper (as copper citrate)†	1 mg 50%
Manganese (as manganese citrate)†	5 mg 250%
Chromium (as chromium polynicotinate)†	200 mcg 167%
Molybdenum (as molybdenum citrate)†	50 mcg 67%
Potassium (as potassium citrate)†	99 mg 3%
Eleuthero Extract (<i>Eleutherococcus senticosus</i>) (root) (Siberian ginseng) (0.8% eleutherosides equal to 0.8 mg)	100 mg *
Inositol (as inositol, inositol hexanicotinate)	100 mg *
Saw Palmetto Extract (berry) (45% fatty acids equal to 22.5 mg)	50 mg *
Choline (from 100 mg choline bitartrate)	46 mg *
Organic Aloe Vera (ACTValoe™)(leaf)	40 mg *
Grape Seed Extract (providing flavonoid compounds - 95% total polyphenols equal to 23.75 mg)	25 mg *
Grape Skin Extract (25% polyphenols equal to 6.25 mg including proanthocyanidins)	20 mg *
Enzyme Blend (<i>aspergillus niger</i> , <i>aspergillus oryzae</i>) providing:	
Protease	618 H.U.
Amylase	212 D.U.
Lipase	2.26 L.U.
Cellulase	2.5 C.U.
Lactase	93.8 Lac.U.
Betaine (from 20 mg betaine hydrochloride)	15.2 mg *
Marigold Extract (flower) (5% lutein esters providing 0.5 mg)	10 mg *
Phytase (from <i>aspergillus niger</i>)	10 mg *
Tomato Extract (5% lycopene equal to 0.5 mg)	10 mg *
Boron (as boron citrate)†	1 mg *
Vanadium (as BGOV [bis-glycinato oxovanadium])†	1 mg *

* Daily Value not established.

Other Ingredients: Cellulose (capsule shell), magnesium stearate, silica, cellulose, sorbitol, dicalcium phosphate, citric acid.

WARNING: If you are pregnant, nursing, diabetic, hypoglycemic, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor.

NO: Wheat, soy, gluten, milk, preservatives or artificial color.

Do not accept if seal is broken. Product No. **8140**

Store between 59°-86° F. Keep out of the reach of children.

Chromeflex® is a trademark of InterHealth Nutraceuticals, Inc. licensed under U.S. Patent Nos. 4,923,855; 4,954,492; and 5,194,615. Opti-Zinc® is manufactured under U.S. Patent Nos. 3,941,818; 4,021,569; and 4,764,633 and is licensed to InterHealth Nutraceuticals, Inc.



CHROMEMATE®

OptiZinc®

H.U. - Haemoglobin Units	D.U. - Dextrinizing Units
L.U. - Lipase Units	C.U. - Cellulase Units
Lac.U. - Lactase Units	

† Country Life always labels minerals in elemental

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