

MULTIVITAMINS

DAILY TOTAL ONE™

With MAXI-SORB™
Delivery System

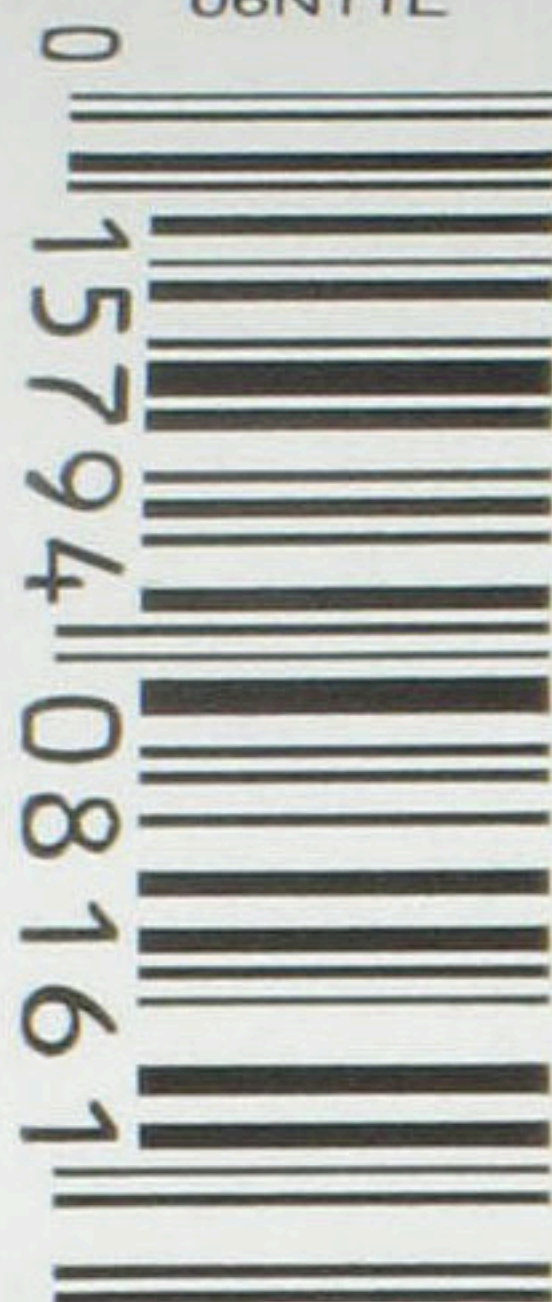
An Iron-Free Daily
Dietary Supplement

Gluten-Free
60 Vegetarian Capsules



Country Life®

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Best by:

Lot No:

Directions: Adults take one (1) capsule daily with food. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 1 capsule

Amount Per Serving	% Daily Value
Vitamin A (as beta carotene, retinyl palmitate)	5,000 I.U. . 100%
Vitamin C (as calcium ascorbate, ... ascorbyl palmitate)	60 mg . . 100%
Vitamin D (as ergocalciferol)	200 I.U. . . . 50%
Vitamin E (as d-alpha tocopheryl acid succinate)	120 I.U. . . . 400%
Vitamin K (as phytonadione)	25 mcg . . . 31%
Thiamin (vitamin B1)(as thiamine hydrochloride, cocarboxylase)	10 mg . . . 667%
Riboflavin (vitamin B2) (as riboflavin, ... riboflavin 5' phosphate)	10 mg . . . 588%
Niacin (as niacinamide, niacin, inositol hexanicotinate, chromium polynicotinate)	40 mg . . . 200%
Vitamin B6 (as pyridoxine hydrochloride, ... pyridoxal 5' phosphate)	20 mg . . 1,000%
Folic Acid	400 mcg . . 100%
Vitamin B12 (as dibenzozide)	120 mcg 2,000%
Biotin (as d-Biotin)	100 mcg . . 33%
Pantothenic Acid (as d-calcium pantothenate, pantethine)	40 mg . . . 400%
Calcium (as calcium hydroxyapatite, ascorbate, ... d-calcium pantothenate, citrate)†	20 mg 2%
Magnesium (as magnesium rice chelate, citrate)†	15 mg 4%
Zinc (as zinc monomethionine)†	15 mg . . . 100%
Selenium (as selenium amino acid chelate, ... L-selenomethionine)†	200 mcg . 286%
Copper (as copper citrate)†	1 mg 50%
Manganese (as manganese citrate)†	2 mg 100%
Chromium (as chromium polynicotinate)†	120 mcg . . 100%
Molybdenum (as molybdenum citrate)†	20 mcg . . . 27%
Potassium (as potassium citrate)†	10 mg . . . <2%

Inositol (as inositol, inositol hexanicotinate)	20 mg *
Choline (from 30 mg choline bitartrate)	13.8 mg *
Phytase (from <i>aspergillus niger</i>)	10 mg *
Enzyme Blend	10 mg *

providing:	
Protease (from <i>aspergillus oryzae</i>)	309 H.U. *
Amylase (from <i>aspergillus oryzae</i>)	106 D.U. *
Lipase (from <i>rhizopus oryzae</i>)	1.13 L.U. *
Cellulase (from <i>trichoderma longibrachatum</i>)	1.25 C.U. *
Lactase (from <i>aspergillus oryzae</i>)	46.9 Lac. U. *
Organic Aloe Vera (ACTiValue®)(Inner Fillet) (leaf)	10 mg *
Silica (as silica, horsetail extract 4:1 [leaf/stem]) †	5 mg *
Betaine (from 5 mg betaine hydrochloride)	3.8 mg *
Boron (as boron citrate)†	500 mcg *

* Daily Value not established

Other Ingredients: Cellulose (capsule shell), cellulose, magnesium stearate, modified starch, silica, maltodextrin, dicalcium phosphate, sunflower oil.

WARNING: If you are pregnant or 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 or artificial color.

Manufactured by Country Life, LLC
180 Vanderbilt Motor Parkway, Hauppauge, NY 11788
CountryLifeVitamins.com

Do not accept if seal is broken. Product No. 8161
Store between 59°-86° F. Keep out of the reach of children.

† Country Life always labels minerals in elemental weight.

Chromemate® brand niacin-bound chromium. Chromemate® is a registered trademark of InterHealth N.I.

OptiZinc® brand zinc monomethionine.

OptiZinc® is a registered trademark of InterHealth N.I.

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OptiZinc®

Qmatrix®

CHROMEMATE®



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This product has been manufactured at an NSF GMP Registered facility.

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