

Do not accept if seal is broken. Product No. 8031
Store between 59°-86° F. Keep out of the reach of children.

Pregnant or lactating women should consult a health care professional before using any product.

† Country Life always labels minerals in elemental weight.

Directions: Adults chew one (1) wafer daily.

Other Ingredients: Fructose, sorbitol, stearic acid, orange flavor, natural pineapple flavor, natural pineapple juice powder, silica, magnesium stearate, natural lemon flavor, citric acid.

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

ChromeMate® is licensed under U.S. Patent Nos. 4,923,855; 4,954,492; and 5,194,615.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a Poison Control Center immediately.

*** 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.

Lot No:

10B763B

Best by: **04/13**



CHROMEMATE®



Country Life
101 Corporate Drive
Hauppauge, NY 11788
www.countrylifevitamins.com

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MULTIVITAMINS

Chewable ADULT MULTI

Vitamin/Mineral Formula with
Antioxidants and Activated B Vitamins***

120 Wafers

Dietary Supplement

**Country
Life®**



Supplement Facts

Serving Size 1 wafer

Amount Per Serving	% Daily Value	
Calories 10		
Total Carbohydrate 3 g		1%*
Sugars 3 g		**
Vitamin A (as 50% retinyl palmitate and 50% as beta carotene)	10,000 I.U.	200%
Vitamin C (as calcium ascorbate, sodium ascorbate, ascorbic acid, acerola berry extract 4:1)	200 mg	333%
Vitamin D (as ergocalciferol)	50 I.U.	13%
Vitamin E (as d-alpha tocopheryl acid succinate)	200 I.U.	667%
Thiamin (vitamin B-1)(as thiamine mononitrate)	10 mg	667%
Riboflavin (vitamin B-2)(as riboflavin, riboflavin 5' phosphate)	10 mg	588%
Niacin (as niacinamide)	10 mg	50%
Vitamin B-6 (as pyridoxine HCl, pyridoxal 5' phosphate, pyridoxine alpha-ketoglutarate)	10 mg	500%
Folic Acid	200 mcg	50%
Vitamin B-12 (as cyanocobalamin)	50 mcg	833%
d-Biotin	100 mcg	33%
Pantothenic Acid (as d-calcium pantothenate)	10 mg	100%
Calcium (as calcium citrate, calcium ascorbate)†	50 mg	5%
Iron (as ferrous fumarate)†	5 mg	28%
Magnesium (as magnesium oxide)†	50 mg	13%
Zinc (as zinc citrate)†	5 mg	33%
Selenium (as selenium amino acid chelate)†	25 mcg	36%
Copper (as copper oxide)†	0.5 mg	25%
Manganese (as manganese citrate)†	2 mg	100%
Chromium (as chromium polynicotinate)†	50 mcg	42%
Sodium (as sodium ascorbate)†	10 mg	<1%
Potassium (as potassium citrate)†	50 mg	<2%
Lemon Bioflavonoid Complex	20 mg	**
Choline (from 21 mg choline bitartrate)	10 mg	**
Inositol	10 mg	**
Ginkgo Biloba Extract (leaf)(24% flavoglycosides equal to 1.2 mg)	5 mg	**
PABA (para-aminobenzoic acid)	3 mg	**

* Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established.