MULTIVITAMINS

WITH IRON!

DAILY TOTAL ONE™

With MAXI-SORB™ Delivery System

A Complete and Balanced Daily Dietary Supplement

60 Vegetarian Capsules

Country Life®

Certified GF Gluten-Free

08K10L

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Best by: 11/13

Lot No: 10L806B

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.

Do not accept if seal is broken. Product No. 8164. Store between 59°-86° F. Keep out of the reach of children. 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. † Country Life always labels minerals in elemental weight.

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.

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

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.

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 B-1)(as thiamine hydrochloride, cocarboxylase)	10 mg	667%
Riboflavin (vitamin B-2) (as riboflavin, riboflavin 5' phosphate)	10 mg	588%
Niacin (as niacinamide, niacin, inositol hexaniconate, chromium polynicotinate)	40 mg	200%
Vitamin B-6 (as pyridoxine hydrochloride, pyridoxal 5' phosphate)	20 mg	1000%
Folic Acid	400 mcg	100%
Vitamin B-12 (as dibencozide)	120 mcg	2,000%
Biotin (as d-Biotin)	100 mcg	33%
Pantothenic Acid (as d-calcium pantothenate, pantethine)	40 mg	400%
Calcium (as calcium ascorbate, calcium hydroxyapatite, citrate)†	20 mg	2%
Iron (as ferrous gluconate)†	4 mg	22%
Phosphorus (as calcium hydroxyapatite)†	5 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 *aspergillus niger*)	10 mg	*
Enzyme Blend	10 mg	*
providing:		
Protease (from *aspergillus oryzae*)	309 H.U	*
Amylase (from *aspergillus oryzae*)	106 D.U	*
Lipase (from *rhizopus oryzae*)	1.13 L.U	*
Cellulase (from *trichoderma longibrachatum*)	1.25 C.U	*
Lactase (from *aspergillus oryzae*)	46.9 Lac U.	*
Organic Aloe Vera (ACTIValoe™)(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	*
Vanadium (as BGOV [bis-glycinato oxovanadium]) †	200 mcg	*

* Daily Value not established

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

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

OptiZinc

Qmatrix CHROMEMATE

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