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Best by:

Lot No:

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

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 B1) (as thiamine mononitrate)	10 mg 667%
Riboflavin (Vitamin B2) (as riboflavin, riboflavin 5'-phosphate)	10 mg 588%
Niacin (as niacinamide)	10 mg 50%
Vitamin B6 (as pyridoxine hydrochloride, pyridoxal 5'-phosphate, pyridoxine alpha-ketoglutarate)	10 mg 500%
Folic Acid	200 mcg 50%
Vitamin B12 (as cyanocobalamin)	50 mcg 833%
Biotin (as d-Biotin)	100 mcg 33%
Pantothenic Acid (as calcium d-pantothenate)	10 mg 100%
Calcium (as calcium citrate, calcium ascorbate, calcium d-pantothenate)†	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 (rice flour based))†	25 mcg 36%
Copper (as copper oxide)†	0.5 mg 25%
Manganese (as manganese citrate)†	2 mg 100%
Chromium (as chromium picolinate)†	50 mcg 42%
Sodium (as sodium ascorbate)†	10 mg <1%
Potassium (as potassium citrate)†	50 mg <2%
Lemon Bioflavonoid Complex (from lemon peel)	20 mg **
Choline (from 21 mg choline bitartrate)	10 mg **
Inositol	10 mg **
Ginkgo Biloba Extract (leaf)	5 mg **
(24% flavoglycosides equal to 1.2 mg PABA (para-aminobenzoic acid))	
	3 mg **
* Percent Daily Values are based on a 2,000 calorie diet.	
** Daily Value not established.	

Country Life's Adult Chewable multivitamin includes Coenzyme B-Vitamins to support energy metabolism as well as potent antioxidants such as Vitamins C, E, Selenium and Beta carotene.*** All this is delivered in a soft, delicious, chewable wafer with a convenient one a day serving!

*** These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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

Do not accept if seal is broken. Store between 59°-86° F. Keep out of the reach of children.

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YES RECYCLABLE PACKAGING
YES MANUFACTURING SUPPORTS WIND POWER
YES KOSHER

NO WHEAT OR MILK
NO PRESERVATIVES
NO ARTIFICIAL COLORS OR FLAVORS
NO ARTIFICIAL OR SWEETENERS

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This product has been manufactured at a GMP Registered facility.

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

† Country Life always labels minerals in elemental weight.

CAUTION: If you are pregnant or nursing, 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.

Manufactured by Country Life, LLC
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 Hauppauge, NY 11788 (USA)
 CountryLifeVitamins.com

Product No. 8030

ESTABLISHED
 — 1971 —
Country Life®

• CHEWABLE •

ADULT MULTI

Vitamin/Mineral Formula

Certified Gluten-Free

- One wafer daily
- Includes Coenzyme B-Vitamins
- Includes Antioxidants and Minerals***

PINEAPPLE-ORANGE
 FLAVOR

Dietary
 Supplement

60 Wafers

— Our PLEDGE of INTEGRITY —
 AUTHENTICITY • CLEANLINESS • FRESHNESS
 CONSISTENCY • ACCURACY