

Best by:



K

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 &†)	200 mg 333%
Vitamin D (as cholecalciferol)	50 I.U. 13%
Vitamin E (as d-α-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.

YES CERTIFIED GLUTEN-FREE BY GFCO.ORG
YES CERTIFIED VEGETARIAN BY THE AVA
YES RECYCLABLE PACKAGING
YES MANUFACTURING SUPPORTS WIND POWER
YES KOSHER

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

This product has been manufactured at a GMP Registered facility.

chromax®

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.

Do not accept if seal is broken.

Store between 59°-86° F.

Keep out of the reach of children.

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Manufactured by Country Life, LLC

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Hempstead, NY 11788 (USA)

CountryLifeVitamins.com

Product No. 8031

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

120 Wafers

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