

Lot No:

Best by:



Directions: Adult females take two (2) tablets daily with food. Do not exceed recommended dose. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 2 tablets
Servings Per Container 60

Amount Per Serving	% Daily Value
Vitamin A (as beta carotene, retinyl palmitate, natural mixed carotenoids)	5,000 I.U. 100%
Vitamin C (as ascorbic acid, ascorbyl palmitate)	300 mg 500%
Vitamin D (D2)(as ergocalciferol)	200 I.U. 50%
Vitamin E (as d-alpha tocopheryl acid succinate)	200 I.U. 667%
Vitamin K (as phytylmethionine)	50 mcg 63%
Thiamin (vitamin B1)(as thiamine hydrochloride, coenzyme choline)	25 mg 1,667%
Riboflavin (vitamin B2)(as riboflavin, riboflavin 5' phosphate)	25 mg 1,471%
Niacin (as niacinamide, nicotinyl hexanoate)	30 mg 150%
Vitamin B6 (as pyridoxine hydrochloride, pyridoxine 5' phosphate, pyridoxine alpha-ketoglutarate)	100 mg 9,000%
Vitamin B12 (as cyanocobalamin)	800 mcg 200%
Vitamin B12 (as cyanocobalamin)	500 mcg 1,000%
Biotin (as d-biotin)	300 mcg 100%
Pantothenic Acid (as calcium d-pantothenate, panthothine)	200 mg 2,000%
Calcium (as calcium hydroxyapatite, calcium d-pantothenate, calcium citrate, dicalcium phosphate)*	100 mg 10%
Iron (as ferrous succinate)*	9 mg 50%
Phosphorus (as calcium hydroxyapatite, dicalcium phosphate)	41 mg 4%
Iodine (as kelp)*	225 mcg 150%
Magnesium (as magnesium oxide, magnesium rice chelate, free protein based)*	300 mg 75%
Zinc (as zinc monomethionine)*	15 mg 100%
Selenium (as L-selenomethionine)*	100 mcg 143%
Copper (as copper citrate)*	1 mg 50%
Manganese (as manganese citrate)*	5 mg 250%
Chromium (as chromium picolinate)*	120 mcg 100%
Molybdenum (as molybdenum citrate)	50 mcg 67%
Potassium (as potassium citrate)*	99 mg 3%
Inositol (as inositol hexanic acid citrate)	100 mg 100%
L-tyrosine (free form) *	100 mg 100%
Chaste Tree Extract (berry) 4:1 *	30 mg 30 mg
Choline (from 100 mg choline bitartrate)	45 mg 45 mg
Ashwagandha Extract 8:1 (root) (1.5% withanolides) *	25 mg 25 mg
Grape Seed Extract 10:1 (seed) *	25 mg 25 mg
Coenzymes - 95% total polyphenols equal to 23.75 mg including proanthocyanidins *	25 mg 25 mg
Enzyme Blend *	20 mg 20 mg
Protease (from aspergillus oryzae)	618 H.U. 618 H.U.
Anyase (from aspergillus oryzae)	212 D.U. 212 D.U.
Lipase (from rhizopus oryzae)	2,280 U. 2,280 U.
Cellulase (from rhizopus oryzae)	2,500 U. 2,500 U.
Lactase (from aspergillus oryzae)	93.8 Lac.U. 93.8 Lac.U.
Organic Aloe Vera (ACTValoe®) (inner fillet leaf)	20 mg 20 mg
Betaine (from 20 mg betaine hydrochloride)	15.2 mg 15.2 mg
Mangold Extract (flower) (10% tannin esters equal to 1 mg)	10 mg 10 mg
Phytase (from aspergillus niger)	10 mg 10 mg
Boron (as boron citrate)	1 mg 1 mg

* Daily Value not established.

Other Ingredients: Cellulose, stearic acid, maltodextrin, cellulose & glycerin coating, silica, starch, magnesium stearate, sunflower oil, silica, natural flavors, vegetable glaze. † Country Life always labels minerals in elemental weight. **CAUTION:** Not to be used during pregnancy. If you are 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. **Do not accept if seal is broken. Store between 59°-86° F. Keep out of the reach of children.**

Manufactured by Country Life, LLC

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Hempstead, NY 11788 (USA)

CountryLifeFarms.com

Product No. 8121

ACTValoe chromax®

Certified Gluten-Free

WITH IRON

MULTIVITAMIN & MINERAL COMPLEX

- Includes Ashwagandha, Chaste Tree Berry, and Grape Seed Extracts
- Includes Coenzyme B Vitamins
- Only 2 tablets daily



Dietary Supplement

120 Tablets

— Our PLEDGE of INTEGRITY —

AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY