

Lot No:

Best by:



Directions: Adult males 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 30

Amount Per Serving	% Daily Value
Vitamin A (as beta carotene, retinyl palmitate, natural mixed carotenoids)	10,000 I.U. ... 200%
Vitamin C (as calcium ascorbate, ascorbyl palmitate)	300 mg ... 500%
Vitamin D (D ₃ (as cholecalciferol))	200 I.U. ... 50%
Vitamin E (as d-alpha tocopheryl acid succinate)	400 I.U. ... 1,333%
Vitamin K (as phytonadione)	50 mcg ... 63%
Thiamin (Vitamin B1 (as thiamine hydrochloride, thiamine coarboxylase chloride))	25 mg ... 1,667%
Riboflavin (Vitamin B2 (as riboflavin, riboflavin 5' phosphate))	25 mg ... 1,471%
Niacin (as niacinamide, niacin, inositol hexanicotinate)	100 mg ... 500%
Vitamin B6 (as pyridoxine hydrochloride, pyridoxal 5' phosphate)	25 mg ... 1,250%
Folic Acid	800 mcg ... 200%
Vitamin B12 (as cyanocobalamin)	500 mcg ... 8,333%
Biotin (as d-biotin)	300 mcg ... 100%
Pantothenic Acid (as calcium d-pantothenate, panthenol)	250 mg ... 2,500%
Calcium (as calcium hydroxyapatite, calcium carbonate, calcium citrate, hydroxyapatite, calcium phosphate)	100 mg ... 10%
Phosphorus (as calcium hydroxyapatite, hydroxyapatite, calcium phosphate)	21 mg ... 2%
Iodine (as iodine)	225 mcg ... 150%
Magnesium (as magnesium rice chelate, (rice flour based), oxide)	200 mg ... 50%
Zinc (as zinc monomethionine)	30 mg ... 200%
Selenium (as L-selenomethionine)	200 mcg ... 285%
Copper (as copper citrate)	5 mg ... 50%
Manganese (as manganese citrate)	5 mg ... 250%
Chromium (as chromium picolinate)	200 mcg ... 167%
Molybdenum (as molybdenum citrate)	99 mcg ... 3%
Potassium (as potassium citrate)	99 mg ... 3%
Eleuthero Extract (Eleutherococcus senticosus) (root) (Siberian ginseng) (0.8% eleutherosides equal to 0.8 mg)	100 mg
Inositol (as inositol, inositol hexanicotinate)	100 mg
Saw Palmetto Extract (berry)	50 mg
40% fatty acids equal to 22.5 mg	45 mg
Choline (from 100 mg choline bitartrate)	25 mg
Erpex Seed Extract (providing flavonoid compounds)	25 mg
85% total polyphenols equal to 23.75 mg	25 mg
Erpex Skin Extract (25% polyphenols equal to 6.25 mg including proanthocyanidins)	20 mg
Enzyme Blend	20 mg
Providing:	
Protease (from aspergillus oryzae)	818 H.U.
Amylase (from aspergillus oryzae)	212 D.U.
Lipase (from rizopus oryzae)	2,516 U.
Cellulase (from trichoderma reesei)	63.8 Lac.U.
Lactase (from aspergillus oryzae)	30 mg
Organic Acids (Acetic Acid, Citric Acid, Lactic Acid)	15.2 mg
Resins (from 20 mg tartaric hydrochloride)	10 mg
Mucopolysaccharide Extract (from 100% lamb ears equal to 1 mg)	10 mg
Phytase (from aspergillus niger)	10 mg
Toronto Extract (10% lutein esters equal to 1 mg)	10 mg
Boron (as boron citrate)	1 mg
† Daily Value not established.	

Other Ingredients: Cellulose, stearic acid, silica, starch, cellulose & glycerin coating, magnesium stearate, malibodextrin, natural flavors, sunflower oil, vegetable glaze.

† Country Life always labels minerals in elemental weight. Do not accept if seal is broken. Store between 59°-86° F. Keep out of the reach of children.

Manufactured by Country Life, LLC
180 Vanderbilt Motor Parkway
Hempstead, NY 11788 (USA)
CountryLifeVitamins.com
Product No. 8135

Certified Gluten-Free **IRON FREE**

MULTIVITAMIN & MINERAL COMPLEX

- Magnesium for heart health**
- Includes Saw Palmetto and Lycopene
- Coenzyme B Vitamins for energy metabolism**



Dietary Supplement

60 Tablets

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



A multivitamin and multimineral complex that includes key nutrients for men's health such as "coenzymated" B vitamins for energy metabolism and magnesium for heart health plus Saw Palmetto and Lycopene.** Max for Men® uses Country Life's exclusive Maxi-Sorb® delivery system.

**** 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.**

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

CAUTION: This product is intended for men. Not for use by pregnant or lactating women. If you are 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.

YES CERTIFIED GLUTEN-FREE BY GFCO.ORG
YES CERTIFIED VEGETARIAN BY THE AVA
YES RECYCLABLE PACKAGING
YES MANUFACTURING SUPPORTS WIND POWER
NO WHEAT, MILK OR PRESERVATIVES
NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS
This product has been manufactured at a GMP Registered facility.