

04PT14N1



Best by:

Lot No:

**ACTiValoe**  
**chromax**

Daily Total One® is your answer for simple every day nutrition. A once a day multivitamin and multimineral complex, including a full spectrum digestive enzyme blend as well as Coenzyme B-Vitamins to support energy metabolism.\*\* This formula has been specifically prepared to be IRON FREE. **CAUTION:** If you are pregnant, 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. Chromax® chromium picolinate and the Chromax logo are registered trademarks of Nutrition 21, Inc. ACTiValoe® is a registered trademark of AloeCorp, Inc.

H.U. - Haemoglobin Units  
 C.U. - Cellulase Units

D.U. - Dexdrinzing Units  
 L.U. - Lipase Units

**Directions:** Adults take one (1) capsule 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: 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 B1) (as thiamine hydrochloride, thiamine cocarboxylase chloride)	10 mg	667%
Riboflavin (vitamin B2) (as riboflavin)	10 mg	588%
Niacin (as niacinamide, niacin)	40 mg	200%
Inositol hexanicotinate	20 mg	1,000%
Pyridoxal 5' phosphate	400 mcg	100%
Folic Acid	120 mcg	2,000%
Vitamin B12 (as dibenzoylcholine)	100 mcg	33%
Pantothenic Acid (as calcium d-pantothenate, panethine)	40 mg	400%
Calcium (as calcium hydroxyapatite, calcium ascorbate, calcium d-pantothenate, calcium citrate, dicalcium phosphate)	20 mg	2%
Phosphorus (as calcium hydroxyapatite)	7 mg	<1%
Iron (as zinc monomethionine)	15 mg	4%
Selenium (as selenium amino acid chelate [rice flour based], L-selenomethionine)	15 mcg	100%
Copper (as copper citrate)	200 mcg	200%
Manganese (as manganese citrate)	1 mg	50%
Chromium (as chromium picolinate)	2 mcg	100%
Molybdenum (as molybdenum citrate)	120 mcg	100%
Potassium (as potassium citrate)	20 mcg	27%
Inositol (as inositol, inositol hexanicotinate)	10 mg	<2%
Choline (from 30 mg choline bitartrate)	13.8 mg	
Phytase (from aspergillus niger)	10 mg	
Enzyme Blend	10 mg	
<b>Providing:</b>		
Protease (from aspergillus oryzae)	309 H.U.	
Amylase (from aspergillus oryzae)	106 D.U.	
Lipase (from rizopus oryzae)	1.13 L.U.	
Cellulase (from trichoderma longibrachium)	1.25 C.U.	
Lactase (from aspergillus oryzae)	46.9 Lac. U.	
Organic Aloe Vera (ACTiValoe®) (Inner Filtration)	10 mg	
Silica (as silica, horse tail extract 4:1 [leaf/stem])	5 mg	
Betaine (from 5 mg betaine hydrochloride)	3.8 mg	
Boron (as boron citrate)	500 mcg	
* Daily Value not established		

**Other Ingredients:** Cellulose (capsule shell), cellulose, magnesium stearate, starch, silica, maltodextrin, dicalcium phosphate, sunflower oil, 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 Hauppauge, NY 11788 (USA)

CountryLifeVitamins.com • Product No. 8160

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

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

ESTABLISHED  
 - 1971 -  
**Country Life**

# DAILY TOTAL ONE®

IRON FREE

Certified Gluten-Free



- 1 capsule daily
- Full spectrum digestive enzyme blend
- Includes coenzyme B-vitamins

Daily Dietary Supplement **30** Vegetarian Capsules

— Our PLEDGE of INTEGRITY —

AUTHENTICITY • CLEANLINESS • FRESHNESS  
 CONSISTENCY • ACCURACY