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Best by:



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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 D.U. - Dextrinizing Units
 C.U. - Cellulase Units L.U. - Lipase Units

** 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.

Supplement Facts

Serving Size 1 capsule

Amount Per Serving	% Daily Value
Vitamin A (as beta carotene, retinyl palmitate)	5,000 IU... 100%
Vitamin C (as calcium ascorbate, ascorbyl palmitate)	60 mg... 100%
Vitamin D (as ergocalciferol)	200 IU... 50%
Vitamin E (as d-alpha tocopheryl acid succinate)	120 IU... 40%
Vitamin K (as phytonadione)	25 mcg... 31%
Thiamin (vitamin B1) (as thiamine hydrochloride)	10 mg... 66%
Thiamine cocarboxylase (chloride)	
Riboflavin (vitamin B2) (as riboflavin)	10 mg... 588%
Riboflavin 5' phosphate	
Niacin (as niacinamide, niacin, inositol hexanicotinate)	40 mg... 200%
Vitamin B6 (as pyridoxine hydrochloride)	20 mg... 1,000%
Pyridoxal 5' phosphate	
Folic Acid	
Vitamin B12 (as cyanocobalamin)	400 mcg... 100%
Biotin (as d-biotin)	120 mcg... 2,000%
Pantothenic Acid (as calcium d-pantothenate, pantothenic acid)	100 mg... 33%
Calcium (as calcium hydroxyapatite, calcium ascorbate, calcium d-pantothenate)	40 mg... 400%
Calcium citrate, dicalcium phosphate†	20 mg... 2%
Phosphorus (as calcium hydroxyapatite, riboflavin 5' phosphate, pyridoxal 5' phosphate, dicalcium phosphate)	7 mg... <1%
Magnesium (as magnesium rice chelate, citrate)†	15 mg... 4%
Zinc (as zinc monomethionine)†	15 mg... 100%
Selenium (as selenium amino acid chelate (rice flour based), L-selenomethionine)†	200 mcg... 286%
Copper (as copper citrate)†	1 mg... 50%
Manganese (as manganese citrate)†	2 mg... 100%
Chromium (as chromium picolinate)†	120 mcg... 100%
Molybdenum (as molybdenum citrate)†	20 mcg... 27%
Potassium (as potassium citrate)†	10 mg... <2%
Inositol (as inositol, inositol hexanicotinate)	20 mg... *
Choline (from 30 mg choline bitartrate)	13.8 mg... *
Phytase (from aspergillus niger)	10 mg... *
Enzyme Blend	10 mg... *
providing:	
Protease (from aspergillus oryzae)	309 H.U.
Amylase (from aspergillus oryzae)	106 D.U.
Lipase (from rhizopus oryzae)	1.13 L.U.
Cellulase (from trichoderma longibrachiatum)	1.25 C.U.
Lactase (from aspergillus oryzae)	48.9 Lac. U.
Organic Aloe Vera (inner fillet)†	10 mg... *
Silica (as silica, horsetail extract 4:1 (leaf:stem)) †	5 mg... *
Biotaine (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.

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. 8161

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

60 Vegetarian
Capsules

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