

06/MT 4NL

Best by:



Lot No:

Directions: Adults take one (1) tablet daily. For best utilization, take 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 tablet	
Amount Per Serving	% Daily Value
Vitamin A (as beta carotene 10,000 IU and retinyl palmitate 5,000 IU)	15,000 I.U. 300%
Vitamin C (as ascorbic acid)	100 mg 167%
Vitamin D (D3) (as cholecalciferol)	400 I.U. 100%
Vitamin E (as d-alpha tocopheryl acid succinate)	100 I.U. 333%
Thiamin (Vitamin B1) (as thiamine hydrochloride)	100 mg 6,667%
Riboflavin (Vitamin B2)	100 mg 5,882%
Niacin (as niacinamide)	100 mg 500%
Vitamin B6 (as pyridoxine hydrochloride)	100 mg 5,000%
Folic Acid	400 mcg 100%
Vitamin B12 (as cyanocobalamin)	100 mcg 1,667%
Biotin (as d-Biotin)	100 mcg 33%
Pantothenic Acid (as calcium d-pantothenate)	100 mg 1,000%
Calcium (as calcium carbonate, calcium d-pantothenate, calcium hydroxide, calcium citrate, calcium lysinate, calcium aspartate, calcium alpha-ketoglutarate)†	75 mg 8%
Iron (as fumarate, sulfate, citrate, glycinate)†	10 mg 56%
Iodine (as kelp)†	225 mcg 150%
Magnesium (as oxide, citrate, taurinate, aspartate, alpha-ketoglutarate)†	30 mg 8%
Zinc (as oxide, citrate, lysinate, taurinate, aspartate)†	20 mg 133%
Selenium (as L-selenomethionine)†	20 mcg 29%
Copper (as sulfate, citrate, aspartate)†	2 mg 100%
Manganese (as sulfate, citrate, aspartate, hydroxide)†	6 mg 300%
Chromium (as chromium picolinate) †	20 mcg 17%
Potassium (as citrate, chloride, aspartate, succinate)†	15 mg <1%
PABA (para-aminobenzoic acid)	100 mg *
Inositol	100 mg *
Choline (from 100 mg of choline bitartrate)	46 mg *
Rutin (from sophorae japonica (rny)flower)	25 mg *
L-Glutamic Acid (free form)	25 mg *
Citrus Bioflavonoids Complex (from lemon, orange and grapefruit)(good providing)	25 mg *
Hesperidin	2.38 mg *
Betaine (from 25 mg of betaine hydrochloride)	19 mg *
* Daily Value not established.	

Other Ingredients: Cellulose, stearic acid, magnesium stearate, cellulose & glycerin coating, silica, vegetable glaze.† Country Life always labels minerals in elemental weight.

Manufactured by Country Life, LLC
180 Vanderbilt Motor Parkway
Hauppauge, NY 11788 (USA)
CountryLifeVitamins.com

Product No. 8262

The unique feature of Multi-100 is that it contains either 100 mcg or 100 mg of many of your B Vitamins plus 400 mcg of folic acid. Combined with calcium, magnesium and other important minerals, the product also uses Country Life's exclusive Target Mins® delivery system from mineral carriers.

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.

Caution: If you are pregnant or 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. Not intended for people under the age of 18. Not recommended for people who regularly consume liver. Do not exceed 10,000 I.U. of vitamin A (retinol/retinyl palmitate) per day. Pregnant women and women of childbearing age, do not exceed 8,000 I.U. of vitamin A per day. Do not accept if seal is broken. Store between 59°-86° F. Keep out of the reach of children.

YES CERTIFIED GLUTEN-FREE BY GFCO.ORG
YES CERTIFIED VEGETARIAN BY THE AVA
YES RECYCLABLE PACKAGING
YES MANUFACTURING SUPPORTS WIND POWER
NO YEAST, WHEAT OR SOY
NO MILK OR SALT
NO PRESERVATIVES
NO ARTIFICIAL COLORS OR FLAVORS
NO ARTIFICIAL SWEETENERS

This product has been manufactured at a GMP Registered facility.



• TARGET-MINS® •
HIGH POTENCY

MULTI-100

Certified Gluten-Free

- Unique multivitamin and mineral complex
- Includes B-Vitamins, folic Acid, calcium, magnesium and much more

Dietary
Supplement

90 Tablets

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