

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

Lot No:

Best by:

05114NLL



K

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. Do not accept if seal is broken. Store between 59°-86° F. Keep out of the reach of children. ACTiValue® is a registered trademark of Aioecorp, Inc. Chromax® chromium picolinate and the Chromax logo are registered trademarks of Nutrition 21, Inc. This product has been manufactured at a GMP Registered facility.

Supplement Facts

Serving Size 2 capsules
Servings Per Container 60

Amount Per Serving	% Daily Value
Vitamin A (as beta carotene, retinyl palmitate)	5,000 IU..... 100%
Vitamin C (as calcium ascorbate, ascorbyl palmitate)	120 mg..... 200%
Vitamin D (as ergocalciferol)	400 IU..... 100%
Vitamin E (as d-alpha tocopheryl acid succinate)	120 IU..... 400%
Thiamin (Vitamin B1) (as thiamine hydrochloride, coenzyme chloride)	3 mg..... 200%
Riboflavin (Vitamin B2) (as riboflavin, riboflavin 5' phosphate)	3.4 mg..... 200%
Niacin (as niacinamide, niacin, inositol hexanicotinate)	40 mg..... 200%
Vitamin B6 (as pyridoxine hydrochloride, pyridoxal 5' phosphate, pyridoxine alpha-benzoylglutamate hydrochloride)	4 mg..... 200%
Folic Acid	800 mcg..... 200%
Vitamin B12 (as cobalamin)	500 mcg..... 8,333%
Biotin (as d-Biotin)	300 mcg..... 100%
Pantothenic Acid (as calcium d-pantothenate, panthethine)	20 mg..... 200%
Calcium (as calcium ascorbate, calcium hydroxyapatite, calcium d-pantothenate†, iron (as ferrous succinate)†, iodine (as kelp)†	20 mg..... 2%
Magnesium (as magnesium oxide, magnesium rice chelate (rice flour based)†, zinc (as zinc monomethionine)†	9 mg..... 50%
Selenium (as selenium rice chelate (rice flour based)†, chelate (rice flour based)†	100 mcg..... 67%
Copper (as copper citrate)†	20 mg..... 5%
Manganese (as manganese citrate)†	15 mg..... 100%
Chromium (as chromium picolinate)†	200 mcg..... 266%
Molybdenum (as molybdenum citrate)†	0.5 mg..... 25%
Potassium (as potassium citrate)†	1 mg..... 50%
Inositol (as inositol, inositol hexanicotinate)	120 mcg..... 100%
Choline (from 25 mg choline bitartrate)	99 mg..... 3%
Rutin (from 25 mg rutin (from lemon, orange and grapefruit) (peel) providing:	25 mg.....
Enzyme Blend	11.5 mg.....
Protease (from aspergillus oryzae)	25 mg.....
Amylase (from aspergillus oryzae)	23 mg.....
Lipase (from rizopus oryzae)	20 mg.....
Cellulase (from trichoderma longibrachium)	618 HU.....
Lactase (from aspergillus oryzae)	212 D.U.....
Organic Aloe Vera (ACTiValue®)	2.26 U.U.....
(Inner Fillet)	2.5 C.U.....
Betaine (from 20 mg betaine hydrochloride)	93.8 Lac.U.....
Phytase (from aspergillus niger)	20 mg.....
Marigold Extract (flower) (10% lutein esters equal to 1 mg)	15.2 mg.....
Tomato Extract (5% lycopene equal to 0.5 mg)	10 mg.....
Boron (as boron citrate)†	10 mg.....
* Daily Value not established	1 mg.....

Other ingredients: Cellulose (capsule shell), stearic acid, magnesium stearate, starch, cellulose, silica, malboxatin, sunflower oil.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a Poison Control Center immediately.

YES CERTIFIED GLUTEN FREE BY GFCS.ORG
YES CERTIFIED VEGETARIAN BY THE AVA
YES RECYCLABLE PACKAGING
YES MANUFACTURING SUPPORTS WIND POWER
YES KOSHER
Manufactured by Country Life, LLC
180 Vanderbilt Motor Parkway, Hauppauge, NY 11788 (USA)
CountryLifeVitamins.com • Product No. 8181

NO WHEAT, MILK, OR SOY
NO PRESERVATIVES
NO ARTIFICIAL COLORS
NO ARTIFICIAL FLAVORS
NO ARTIFICIAL SWEETENERS

Certified Gluten-Free

- Includes Iron and Vitamin C
- Vitamin B12 for energy metabolism**
- Full spectrum digestive enzyme blend



Dietary Supplement **120** Vegetarian Capsules

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