

Lot No:

Best by:



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**Directions:** Adult males take four (4) 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.

## Supplement Facts

Serving Size 4 capsules  
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, ascorol palmitate)                                                                   | 300 mg ... 500%      |
| Vitamin D (as ergocalciferol)                                                                                         | 200 I.U. ... 50%     |
| Vitamin E (as $\alpha$ -alpha tocopheryl acid succinate)                                                              | 400 I.U. ... 1,333%  |
| Vitamin K (as phytonadione)                                                                                           | 50 mcg ... 63%       |
| Thiamin (Vitamin B1) (as thiamine hydrochloride)                                                                      | 25 mg ... 1,667%     |
| Thiamine cocarboxylase (thio)                                                                                         |                      |
| Riboflavin (Vitamin B2) (as riboflavin, riboflavin 5' phosphate)                                                      | 25 mg ... 1,471%     |
| Niacin (as niacinamide, niacin)                                                                                       | 100 mg ... 500%      |
| Inositol hexanicotinate                                                                                               |                      |
| 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, panthothenol)                                                            | 250 mg ... 2,500%    |
| Calcium (as calcium hydroxyapatite, calcium ascorbate, calcium D-pantothenate, calcium citrate, dicalcium phosphate†) | 100 mg ... 10%       |
| Phosphorus (as calcium hydroxyapatite, dicalcium phosphate†)                                                          | 21 mg ... 2%         |
| Iodine (as kelp†)                                                                                                     | 225 mcg ... 150%     |
| Magnesium (as magnesium rice chelate, oxide†)                                                                         | 200 mg ... 50%       |
| Zinc (as zinc monomethionine†)                                                                                        | 30 mg ... 200%       |
| Selenium (as L-selenomethionine†)                                                                                     | 30 mcg ... 286%      |
| Copper (as copper citrate†)                                                                                           | 1 mg ... 50%         |
| Manganese (as manganese citrate†)                                                                                     | 5 mg ... 250%        |
| Chromium (as chromium picolinate†)                                                                                    | 200 mcg ... 167%     |
| Molybdenum (as molybdenum citrate†)                                                                                   | 50 mcg ... 67%       |
| Rubidium (as potassium citrate†)                                                                                      | 98 mg ... 5%         |
| Eluflavin Extract (Eluflavinococcus senilis) (root) (0.6% eluflavins equal to 0.8 mg)                                 | 100 mg ...           |
| Inositol (0.6% eluflavins equal to 0.8 mg)                                                                            | 100 mg ...           |
| Saw Palmetto Extract (berry)                                                                                          | 50 mg ...            |
| (45% fatty acids equal to 22.5 mg)                                                                                    |                      |
| Cordone from 100 mg cordone bitartrate)                                                                               | 46 mg ...            |
| Organic Aloe Vera (ACTValoe®) (inner fillet/leaf)                                                                     | 40 mg ...            |
| Grape Seed Extract (providing flavonoid compounds - 95% total polyphenols equal to 23.75 mg)                          | 25 mg ...            |
| Grape Skin Extract (25% polyphenols equal to 6.25 mg including procyanidins)                                          | 25 mg ...            |
| Enzyme Blend                                                                                                          | 20 mg ...            |
| Providing:                                                                                                            |                      |
| Protease (from aspergillus oryzae)                                                                                    | 618 H.U.             |
| Amylase (from aspergillus oryzae)                                                                                     | 212 D.U.             |
| Lipase (from rizopus oryzae)                                                                                          | 2,26 U.U.            |
| Cellulase (from trichoderma longibrachiatum)                                                                          | 2.5 C.U.             |
| Betaine (from 20 mg betaine hydrochloride)                                                                            | 93.8 Lac.U.          |
| Marigold Extract (flower) (5% lutein esters providing 0.5 mg)                                                         | 10 mg ...            |
| Phyllose (from aspergillus niger)                                                                                     | 10 mg ...            |
| Tomato Extract (5% lycopene equal to 0.5 mg)                                                                          | 10 mg ...            |
| Boron (as boron citrate†)                                                                                             | 1 mg ...             |

\* Daily Value not established.

Other Ingredients: Cellulose (capsule shell), magnesium stearate, silica, starch, cellulose, sunflower oil, maltodextrin.

† 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

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CountryLifeVitamins.com

Product No. 8140

Certified Gluten-Free

IRON FREE

## MULTIVITAMIN & MINERAL COMPLEX

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

**MAXI-Sorb®**  
Delivery System



Dietary Supplement **120** Vegetarian Capsules

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