

04014N1

Best by:



Lot No:

Directions: Adults 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 50% retinyl palmitate, 50% beta carotene)	10,000 IU 200%
Vitamin C (as ascorbic acid)	500 mg 833%
Vitamin D (as ergocalciferol)	200 IU 50%
Vitamin E (as d-alpha tocopheryl acid succinate)	200 IU 667%
Vitamin K (as phytylphosphonate)	50 mcg 63%
Thiamine (as thiamine hydrochloride)	25 mg 1,667%
Thiamine coenzyme (as thiamine hydrochloride)	25 mg 1,471%
Riboflavin (Vitamin B-2) (as riboflavin)	100 mg 500%
Niacin (as niacinamide)	34 mg 1,700%
Vitamin B6 (as pyridoxine hydrochloride)	400 mcg 100%
Folate (as folic acid)	200 mcg 67%
Vitamin B12 (as cyanocobalamin)	30 mcg 300%
Biotin (as d-biotin)	160 mcg 16%
Pantothenic Acid (as calcium d-pantothenate, panthenol)	5 mg 28%
Calcium (as calcium phosphate, calcium citrate, calcium stearate, calcium aspartate, calcium carbonate, calcium d-pantothenate, calcium lysinate, calcium alpha-ketoglutarate)	5 mg 8%
Iron (as ferrous fumarate)	80 mg 83%
Phosphorus (as dicalcium phosphate)	125 mg 75%
Iodine (from kelp)	300 mcg 100%
Magnesium (as magnesium oxide)	15 mg 71%
Zinc (as zinc citrate)	2 mg 100%
Selenium (as selenium rice chelate (rice flour based))	50 mcg 100%
Copper (as copper rice chelate (rice flour based))	2 mg 250%
Manganese (as manganese citrate)	200 mcg 167%
Chromium (as chromium picolinate)	50 mcg 67%
Molybdenum (as molybdenum amino acid chelate (rice protein based))	99 mcg 3%
Potassium (as potassium citrate)	50 mg 3%
Enzyme Blend	
Bromelain (2,400 GDU (from pineapple stem))	
Papain (2,000 USP Units (from papaya stem))	
Lipase (1,000 LU (from aspergillus niger))	
DMAE (from 131 mg dimethylaminoethanol)	
Chromium	
Ginkgo Biloba Extract (leaf) (24% flavonoid glycosides equal to 12 mg, 6% terpenoid lactones equal to 3 mg)	
Milk Thistle Extract (seed) (50% silymarin equal to 24 mg)	
Inositol (as inositol hexanic acid)	
Pyridoxine alpha-ketoglutarate	
Grape Skin Extract (25% polyphenols equal to 6.25 mg)	
including proanthocyanidins	
Horseshoe Extract 2:1 (leaf/stem)	
Venadum (from 3 mg vanadyl sulfate)	
Boron (as boron citrate, aspartate, alpha-ketoglutarate, proline)	
Silica (from horsetail extract 2:1)	
alpha-Lipoic Acid (thioctic acid)	

* Daily Value not established.

Other Ingredients: Cellulose (capsule shell), maltodextrin, magnesium stearate, calcium silicate.

† Country Life always labels their 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,

Hauptpage, NY 11788 (USA)

CountryLifeVitamin.com

Product No. 8114

chromax

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.

**** These statements have 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 GFCO.ORG

YES CERTIFIED VEGAN BY THE AVA

YES RECYCLABLE PACKAGING

YES MANUFACTURING SUPPORTS WIND POWER

NO WHEAT OR MILK

NO PRESERVATIVES

NO ARTIFICIAL COLORS OR FLAVORS

NO ARTIFICIAL SWEETENERS

This product has been manufactured at a GMP Registered facility.

Dietary
Supplement

120 Vegan
Capsules

— Our PLEDGE of INTEGRITY —

AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY

ESSENTIAL LIFE® CAPSULES

Certified Gluten-Free

- Includes vitamin C for immune support**
- Comprehensive multivitamin and mineral complex
- Includes coenzyme B-Vitamins for energy metabolism**
- Includes ginkgo biloba, milk thistle, grape skin extract