

Lot No:

Best by:

05114NL



ACTiValue
chroma[®]

Directions: Adults take one (1) capsule 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 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..... 400%
Vitamin K (as phytylmalonate).....	25 mcg..... 31%
Thiamin (Vitamin B1) (as thiamine hydrochloride).....	10 mg..... 667%
Riboflavin (Vitamin B2) (as riboflavin).....	10 mg..... 588%
Niacin (as niacinamide).....	40 mg..... 200%
Inositol hexanicotinate.....	
Vitamin B6 (as pyridoxine hydrochloride).....	20 mg..... 1,000%
Pantothenic Acid.....	
Folic Acid.....	
Vitamin B12 (as cyanocobalamin).....	400 mcg..... 100%
Biotin (as d-biotin).....	120 mcg..... 2,000%
Pantothenic Acid (as calcium d-pantothenate).....	100 mcg..... 33%
Calcium (as calcium ascorbate, calcium hydroxyapatite, calcium citrate, dicalcium phosphate).....	40 mg..... 400%
Iron (as ferrous gluconate).....	20 mg..... 2%
Phosphorus (as calcium hydroxyapatite, dicalcium phosphate).....	4 mg..... 22%
Magnesium (as magnesium rice chelate (rice flour based), citrate).....	5 mg..... <2%
Zinc (as zinc monomethionine).....	15 mg..... 4%
Selenium (as selenium rice chelate (rice flour based), L-selenomethionine).....	15 mcg..... 100%
Copper (as copper citrate).....	200 mcg..... 206%
Manganese (as manganese citrate).....	1 mg..... 50%
Chromium (as chromium picolinate).....	2 mg..... 100%
Molybdenum (as molybdenum citrate).....	120 mcg..... 100%
Potassium (as potassium citrate).....	20 mcg..... 27%
Inositol (as inositol, inositol hexanicotinate).....	10 mg..... <2%
Choline (from 30 mg choline bitartrate).....	20 mg.....
Phytase (from aspergillus niger).....	13.8 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).....	46.9 Lac. U.....
Organic Aloe Vera (ACTiValue [®] inner fillet leaf).....	10 mg.....
Silica (as silica, horsetail extract 4:1 [leaf:stems])†.....	5 mg.....
Betaine (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, rice flour, maltodextrin, sunflower oil, citric acid.

† Country Life always labels minerals in elemental weight.

Manufactured by Country Life, LLC

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Hempstead, NY 11788 (USA)

CountryLifeVitamins.com

Product No. 8164

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 GFCO.ORG

YES CERTIFIED VEGETARIAN BY THE AVA

YES RECYCLABLE PACKAGING

YES MANUFACTURING SUPPORTS WIND POWER

YES KOSHER

This product has been manufactured at a GMP Registered facility.

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

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.** ACTiValue[®] is a registered trademark of AloeCorp, Inc. Chromax[®] chromium picolinate and the Chromax logo are registered trademarks of Nutrition 21, Inc. H.U. - Haemoglobin Units D.U. - Dextrinizing Units L.U. - Lipase Units C.U. - Cellulase Units Lac.U. - Lactase 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.**

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.

DAILY TOTAL ONE[®]

Certified Gluten-Free

- ▶ 1 capsule daily
- ▶ Full spectrum digestive enzyme blend
- ▶ Includes coenzyme B-vitamins



Dietary Supplement **60** Vegetarian Capsules

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