

Lot No:

Best by:



Directions: Adult females take two (2) tablets 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 2 tablets
Servings Per Container 60

Amount Per Serving	% Daily Value
Vitamin A (as beta carotene, retinyl palmitate, natural mixed carotenoids)	5,000 IU 100%
Vitamin C (as ascorbic acid, ascorbyl palmitate)	300 mg 500%
Vitamin D (D2)(as ergocalciferol)	200 IU 50%
Vitamin E (as d-alpha tocopheryl acid succinate)	200 IU 667%
Vitamin K (as d-phytylphosphate)	50 mcg 63%
Thiamin (vitamin B1)(as thiamine hydrochloride, thiamine cocarboxylase chloride)	25 mg 1,667%
Riboflavin (vitamin B2)(as riboflavin, riboflavin 5' phosphate)	25 mg 1,471%
Niacin (as niacinamide, inositol hexanicotinate)	30 mg 150%
Vitamin B6 (as pyridoxine hydrochloride, pyridoxal 5' phosphate, pyridoxine alpha-ketoglutarate hydrochloride)	100 mg 5,000%
Folic Acid	800 mcg 200%
Vitamin B12 (as methylcobalamin)	500 mcg 8,333%
Biotin (as D-biotin)	300 mcg 100%
Pantothenic Acid (as calcium D-pantothenate, panthenol)	200 mg 2,000%
Calcium (as calcium hydroxyapatite, calcium d-pantothenate, calcium citrate, dicalcium phosphate)	100 mg 10%
Iron (as ferrous succinate)	9 mg 50%
Phosphorus (as calcium hydroxyapatite, dicalcium phosphate)	41 mg 4%
Iodine (as potassium iodide)	225 mcg 150%
Magnesium (as magnesium oxide, magnesium rice chelate (rice protein based))	300 mg 75%
Zinc (as zinc monomethionine)	15 mg 100%
Selenium (as L-selenomethionine)	100 mcg 143%
Copper (as copper citrate)	1 mg 50%
Manganese (as manganese citrate)	5 mg 250%
Chromium (as chromium picolinate)	120 mcg 100%
Molybdenum (as molybdenum amino acid chelate)(rice flour based)	50 mcg 67%
Potassium (as potassium citrate, indelift)	99 mg 3%
Inositol (as inositol, inositol hexanicotinate)	100 mg 100 mg
L-Tyrosine (free form)	100 mg 50 mg
Goji Skin Extract (50% polyphenols equal to 25 mg including procyanidins)	
CoQ10 (from 100 mg CoQ10 bioborate)	41 mg
Health Blend	31 mg
providing:	
Ashwagandha Extract 8:1 (root)	
Mangold Extract (flower) (10% lutein esters)	
Betaine (from 20 mg betaine hydrochloride)	
Boron (as boron citrate)	
15.2 mg	
1 mg	

* Daily Value not established.

Other Ingredients: Cellulose, stearic acid, maltodextrin, organic coating (tapioca maltodextrin, sunflower lecithin, sustainable palm oil, guar gum), magnesium stearate, starch, silica, natural vanilla flavor.

† Country Life always labels minerals in elemental weight.

CAUTION: Not to be used during pregnancy. May potentiate the effects of barbiturates. If you are 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 in a dry place between 59°-86° F.

Keep out of the reach of children.

Manufactured by Country Life, LLC

180 Vanderbilt Motor Parkway

Hempstead, NY 11788 (USA)

CountryLifeVitamins.com

Product No. 8121

chromaX®

A multivitamin and multimineral complex that includes key nutrients for women's health such as "coenzymated" B Vitamins for energy metabolism plus Ashwagandha.** Max for Women™ uses Country Life's exclusive Maxi-Sorb® delivery system.

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.

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This product has been manufactured at a GMP Registered facility.

YES CERTIFIED GLUTEN-FREE BY GFCO.ORG
YES CERTIFIED VEGETARIAN BY THE AVA
YES RECYCLABLE PACKAGING
YES MANUFACTURING SUPPORTS WIND POWER

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

**** 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.**

ESTABLISHED
— 1971 —
Country Life®

MAX | FOR WOMEN™

Certified Gluten-Free

WITH IRON

MULTIVITAMIN & MINERAL COMPLEX

- Includes Ashwagandha
- Includes Coenzyme B Vitamins
- Only 2 tablets daily

MAXI-Sorb®
Delivery System



Dietary Supplement **120** Tablets

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