Directions: Adult females 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)	5,000 I.U.	100%
Vitamin C (as ascorbic acid, ascorbyl palmitate)	300 mg	500%
Vitamin D (as ergocalciferol)	200 I.U.	50%
Vitamin E (as d-alpha tocopheryl acid succinate)	200 I.U.	667%
Vitamin K (as phytonadione)	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, pantethine)	200 mg	2,000%
Calcium (as calcium hydroxyapatite, calcium d-pantothenate, calcium citrate, dicalcium phosphate)†	100 mg	10%
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, iodide)†	99 mg	3%
Inositol (as inositol, inositol hexanicotinate)	100 mg	*
L-Tyrosine (free form)	100 mg	*
Grape Skin Extract (50% polyphenols equal to 25 mg including proanthocyanidins)	50 mg	*
Choline (from 100 mg choline bitartrate)	41 mg	*
Health Blend	31 mg	*
providing:		
Ashwagandha Extract 8:1 (root)		
Marigold Extract (flower) (10% lutein esters)		
Betaine (from 20 mg betaine hydrochloride)	15.2 mg	*
Boron (as boron citrate)†	1 mg	*

* Daily Value not established.

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

† Country Life always labels minerals in elemental weight.

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,
Hauppauge, NY 11788 (USA)
CountryLifeVitamins.com
Product No. 8124

chromax®

Lot No:

Best by:

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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. This formula is IRON FREE. Chromax® chromium picolinate and the Chromax logo are registered trademarks of Nutrition 21, Inc.

****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: 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.

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YES RECYCLABLE PACKAGING
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NO PRESERVATIVES
NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS

This product has been manufactured at a GMP Registered facility.

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Country Life®

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