

01017NL

Best by:



K

Lot No:

**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 tocopherol) acid succinate) .....                                                                   | 120 IU... 400%    |
| Vitamin K (as phytylquinone) .....                                                                                        | 25 mcg... 31%     |
| Thiamine (Vitamin B1) (as thiamine hydrochloride) .....                                                                   | 10 mg... 667%     |
| Riboflavin (Vitamin B2) (as riboflavin) .....                                                                             | 10 mg... 588%     |
| Niacin (as niacinamide, niacin, inositol hexanicotinate) .....                                                            | 40 mg... 200%     |
| Vitamin B6 (as pyridoxine hydrochloride) .....                                                                            | 20 mg... 1,000%   |
| Folate Acid .....                                                                                                         | 400 mcg... 100%   |
| Vitamin B12 (as methylcobalamin) .....                                                                                    | 120 mcg... 2,000% |
| Pantothenic Acid (as calcium d-panthothenate) .....                                                                       | 100 mcg... 33%    |
| Calcium (as calcium hydroxyapatite, calcium ascorbate, calcium d-panthothenate, calcium citrate, calcium phosphate) ..... | 40 mg... 400%     |
| Phosphorus (as calcium hydroxyapatite, riboflavin 5' phosphate, pyridoxal 5' phosphate, dicalcium phosphate)† .....       | 20 mg... 2%       |
| Magnesium (as magnesium rice citrate) .....                                                                               | 7 mg... <1%       |
| Iron (protein based), citrate .....                                                                                       | 15 mg... 4%       |
| Zinc (as zinc monomethionine) .....                                                                                       | 15 mg... 100%     |
| Selenium (as selenium rice citrate) .....                                                                                 | 200 mcg... 286%   |
| Copper (protein based), L-selenomethionine† .....                                                                         | 1 mg... 50%       |
| Manganese (as manganese citrate) .....                                                                                    | 2 mg... 100%      |
| Chromium (as chromium picolinate) .....                                                                                   | 120 mcg... 100%   |
| Molybdenum (as molybdenum amino acid chelate) .....                                                                       | 20 mcg... 27%     |
| Potassium (as potassium citrate) .....                                                                                    | 10 mg... <2%      |
| Probiotic (as inositol, inositol hexanicotinate) .....                                                                    | 20 mg... *        |
| Choline (from 30 mg choline bitartrate) .....                                                                             | 12 mg... *        |
| Silica (as silica, husk extract (semolina)) .....                                                                         | 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, maltodextrin.

† 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  
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CountryLifeVitamins.com  
Product No. 8161

**\*\* 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.**

**YES** CERTIFIED GLUTEN-FREE BY GFCO.ORG  
**YES** CERTIFIED VEGAN BY THE AVA  
**YES** RECYCLABLE PACKAGING  
**YES** MANUFACTURING SUPPORTS WIND POWER  
**YES** KOSHER  
**NO** WHEAT, MILK OR PRESERVATIVES  
**NO** ARTIFICIAL COLORS, FLAVORS OR SWEETENERS

This product has been manufactured at a GMP Registered facility.

# DAILY TOTAL ONE®

IRON FREE

Certified Gluten-Free

- 1 capsule daily
- Includes coenzyme B-Vitamins



Daily Dietary Supplement

60 Vegan Capsules

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