

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, natural mixed carotenoids)	5,000 IU, 100%
Vitamin C (as calcium ascorbate, ascorbyl palmitate)	60 mg 100%
Vitamin D (as ergocalciferol)	200 I.U., 50%
Vitamin E (as α -tocopherol succinate)	100 I.U., 333%
Thiamin (Vitamin B1) (as thiamine cocarboxylase chloride)	3 mg 200%
Riboflavin (Vitamin B2) (as riboflavin 5' phosphate)	3.4 mg 200%
Niacin (as inositol hexanicotinate)	40 mg 200%
Vitamin B6 (as pyridoxal 5' phosphate)	4 mg 200%
Folic Acid	400 mcg 100%
Vitamin B12 (as methylcobalamin)	120 mcg 2,000%
Biotin (as D-biotin)	300 mcg 100%
Pantothenic Acid (as pantothenol)	20 mg 200%
Calcium (as calcium ascorbate, citrate, dicalcium phosphate)†	20 mg 2%
Iodine (as Potassium iodide)†	100 mcg 67%
Magnesium (as magnesium rice chelate rice protein based)†	10 mg 3%
Zinc (as zinc monomethionine)†	10 mg 67%
Selenium (as L-selenomethionine)†	100 mcg 143%
Copper (as copper citrate)†	1 mg 50%
Manganese (as manganese citrate)†	2 mg 100%
Chromium (as chromium picolinate)†	120 mcg 100%
Molybdenum (as molybdenum amino acid chelate [rice flour based])†	20 mcg 27%
Potassium (as potassium citrate, iodide)†	10 mg <2%
Inositol (as inositol hexanicotinate, inositol)	20 mg
Choline (from 40 mg choline bitartrate)	16 mg
Silica (as silica, horsetail extract (stem))†	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), magnesium stearate, cellulose, starch, maltodextrin.

Manufactured by Country Life, LLC
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Hauppauge, NY 11788 (USA)
CountryLife/Vitamins.com
Product No. 8171

chromax®

Lot No:

Best by:

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Enhanced QM-1™ stands for Country Life's Quality Multivitamin Once-a-day. A once daily multivitamin and mineral complex that employs the Maxi-Sorb® delivery system. Enhanced QM-1™ includes "coenzymated" B Vitamins for energy metabolism.** Chromax® chromium picolinate and the Chromax logo are registered trademarks of Nutrition 21, Inc.

** 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.

This product has been manufactured at a GMP Registered facility.

† Country Life always labels minerals in elemental weight.

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 in a dry place between 59°-86° F. Keep out of the reach of children.**

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 SOY
NO PRESERVATIVES
NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS

ENHANCED QM-1™

Certified Gluten-Free

- ▶ A once daily, iron-free complex
- ▶ Coenzyme B Vitamins for energy metabolism**



Dietary Supplement

60 Vegan Capsules

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