



Best by:

Lot No:

Supplement Facts

Serving Size 1 tablet

Amount Per Serving	% Daily Value
Vitamin A (as beta carotene 10,000 IU and retinyl palmitate 5,000 IU)	15,000 I.U. . 300%
Vitamin C (as ascorbic acid, rose hips)	100 mg . . . 167%
Vitamin D (D ₃) (as fish liver oil - cod, menhaden)	400 I.U. . . . 100%
Vitamin E (as d-alpha tocopheryl acid succinate)	100 I.U. . . . 333%
Thiamin (vitamin B-1) (as thiamine hydrochloride)	100 mg . . . 6,667%
Riboflavin (vitamin B-2)	100 mg . . . 5,882%
Niacin (as niacinamide)	100 mg . . . 500%
Vitamin B-6 (as pyridoxine hydrochloride)	100 mg . . . 5,000%
Folic Acid	400 mcg . . . 100%
Vitamin B-12 (as cyanocobalamin)	100 mcg . . . 1,667%
Biotin (as d-Biotin)	100 mcg . . . 33%
Pantothenic Acid (as d-calcium pantothenate)	100 mg . . . 1,000%
Calcium (as carbonate, citrate, lysinate, aspartate, alpha-ketoglutarate)†	75 mg . . . 8%
Iron (as fumarate, citrate, glycinate)†	10 mg . . . 56%
Iodine (as kelp)†	225 mcg . . . 150%
Magnesium (as oxide, citrate, taurinate, aspartate, alpha-ketoglutarate)†	30 mg . . . 8%
Zinc (as oxide, citrate, lysinate, taurinate, aspartate)†	20 mg . . . 133%
Selenium (as L-selenomethionine)†	20 mcg . . . 29%
Copper (as sulfate, citrate, aspartate)†	2 mg . . . 100%
Manganese (as sulfate, citrate, aspartate, histidinate)†	6 mg . . . 300%
Chromium (as chromium picolinate) †	20 mcg . . . 17%
Potassium (as citrate, chloride, aspartate, succinate)†	15 mg . . . <1%
PABA (para-aminobenzoic acid)	100 mg . . . *
Inositol	100 mg . . . *
Choline (from 100 mg of choline bitartrate)	46 mg . . . *
Rutin (from sophorae japonica linm)(flower)	25 mg . . . *
L-Glutamic Acid (free form)	25 mg . . . *
Citrus Bioflavonoids Complex (from orange and grapefruit)(fruit providing)	25 mg . . . *
Hesperidin	2.38 mg . . . *
Betaine (from 25 mg of betaine hydrochloride)	19 mg . . . *

* Daily Value not established.

Other Ingredients: Cellulose, stearic acid, magnesium stearate, cellulose & glycerin coating, silica, dicalcium phosphate, vegetable glaze. Contains fish (cod, menhaden). **WARNING:** If you are pregnant or 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. Not intended for people under the age of 18. Not recommended for people who regularly consume liver. Do not exceed 10,000 I.U. of vitamin A (retinol/retinyl palmitate) per day. Pregnant women and women of childbearing age, do not exceed 8,000 I.U. of vitamin A per day. **NO:** Yeast, wheat, soy, gluten, milk, salt, or artificial color.

Country Life

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www.countrylifevitamins.com

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MULTIVITAMINS

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Do not accept if seal is broken. Product No. 8262.
Store between 59°-86° F. Keep out of the reach of children.
Minerals are complexed with special Target-Mins™ carriers: lysinate, taurinate, aspartate, citrate, *alpha*-ketoglutarate, histidinate & picolinate.
† Country Life always labels minerals in elemental weight.

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.