

04F17NL

Lot No:

Best by:



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Directions: Adults chew one (1) wafer daily. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 1 wafer	
Amount Per Serving	% Daily Value
Calories 10	
Total Carbohydrate 3 g	1%*
Sugars 3 g	**
Vitamin A (as 50% retinyl palmitate and 50% as beta carotene)	10,000 IU. 200%
Vitamin C (as calcium ascorbate, sodium ascorbate, ascorbic acid, acerola cherry extract 4:1)	200 mg 333%
Vitamin D (as ergocalciferol)	50 I.U. 13%
Vitamin E (as d-alpha tocopheryl acid succinate)	200 IU. 667%
Thiamin (vitamin B1)(as thiamine mononitrate)	10 mg 667%
Riboflavin (vitamin B2) (as riboflavin, riboflavin 5' phosphate)	10 mg 568%
Niacin (as niacinamide)	10 mg 50%
Vitamin B6 (as pyridoxine hydrochloride, pyridoxal 5' phosphate, pyridoxine, alpha-ketoglutarate)	10 mg 500%
Folic Acid	200 mcg 50%
Vitamin B12 (as cyanocobalamin)	50 mcg 833%
Biotin (as d-Biotin)	100 mcg 33%
Pantothenic Acid (as calcium d-pantothenate)	10 mg 100%
Calcium (as calcium citrate, calcium ascorbate, calcium d-pantothenate)†	50 mg 5%
Iron (as ferrous fumarate)†	5 mg 28%
Magnesium (as magnesium oxide)†	5 mg 13%
Zinc (as zinc citrate)†	5 mg 33%
Selenium (as selenium rice chelate [rice protein based])†	25 mcg 36%
Copper (as copper oxide)†	0.5 mg 25%
Manganese (as manganese citrate)†	2 mg 100%
Chromium (as chromium picolinate)†	50 mcg 42%
Sodium (as sodium ascorbate)†	10 mg <1%
Potassium (as potassium citrate)†	50 mg <2%
Inositol	10 mg **
Choline (from 21 mg choline bitartrate)	8 mg **
Ginkgo Biloba Extract (leaf)	5 mg **
(22% flavoglycosides equal to 1.1 mg)	
PABA (para-aminobenzoic acid)	3 mg **

* Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value not established.

Other Ingredients: Fructose, sorbitol, stearic acid, natural orange flavor, natural pineapple flavor, natural pineapple juice powder, silica, magnesium stearate, natural lemon flavor, citric acid.

† Country Life always labels minerals in elemental weight.

CAUTION: If you are pregnant or nursing, 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.

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Manufactured by Country Life, LLC

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Hempstead, NY 11788 (USA)

CountryLifeVitamins.com

Product No. 8031

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YES CERTIFIED VEGAN BY THE AVA

YES RECYCLABLE PACKAGING

YES MANUFACTURING SUPPORTS WIND POWER

YES KOSHER

NO WHEAT OR MILK

NO PRESERVATIVES

NO ARTIFICIAL COLORS

NO ARTIFICIAL FLAVORS

NO ARTIFICIAL SWEETENERS

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Life**

• CHEWABLE •

ADULT MULTI

Vitamin/Mineral Formula

Certified Gluten-Free

- One wafer daily
- Includes Coenzyme B-Vitamins
- Includes Antioxidants and Minerals***

PINEAPPLE-ORANGE
FLAVOR

Dietary
Supplement

120 Wafers

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