

Lot No:

Best by:



Directions: Adult males 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)	10,000 IU 200%
Vitamin C (as calcium ascorbate, ascorbyl palmitate)	300 mg 500%
Vitamin D (as ergocalciferol)	200 IU 50%
Vitamin E (as d-alpha tocopheryl acid succinate)	400 IU 1,333%
Vitamin K (as phytylmalone)	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, niacin, inositol hexanicotinate)	100 mg 500%
Vitamin B6 (as pyridoxine hydrochloride, pyridoxal 5' phosphate)	25 mg 1,250%
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, panthothenol)	250 mg 10%
Calcium (as calcium hydroxyapatite, calcium ascorbate, calcium D-pantothenate, calcium citrate, dicalcium phosphate)	100 mg 2%
Phosphorus (as calcium hydroxyapatite, dicalcium phosphate)	225 mg 150%
Iodine (as potassium iodide)	200 mcg 50%
Magnesium (as magnesium rose chelate, (free protein based), oxide)	30 mg 200%
Zinc (as zinc monomethionine)	200 mcg 200%
Selenium (as L-selenomethionine)	1 mg 50%
Copper (as copper citrate)	1 mg 50%
Manganese (as manganese citrate)	5 mg 250%
Chromium (as chromium picolinate)	200 mcg 167%
Molybdenum (as molybdenum amino acid chelate, (free flour based))	50 mcg 67%
Potassium (as potassium citrate, iodide)	99 mg 3%
Health Blend	110 mg

* Daily Value not established.

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

† 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.

chromax®

Manufactured by Country Life, LLC
180 Vanderbilt Motor Parkway,
Hauppauge, NY 11788 (USA)
CountryLifeVitamins.com
Product No. 8140

A multivitamin and multiminer complex that includes key nutrients for men's health such as "coenzymated" B Vitamins for energy metabolism and magnesium for heart health plus Saw Palmetto and Lycopene.** Max for Men® uses Country Life's exclusive Maxi-Sorb® delivery system. Now in easy to swallow vegan capsules. **CAUTION:** This product is intended for men. Not for use by pregnant or lactating women. If you are 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. 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.**

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

This product has been manufactured at a GMP Registered facility.

MAX | **FOR MEN®**

Certified Gluten-Free

IRON-FREE

MULTIVITAMIN & MINERAL COMPLEX

- ◆ Magnesium for heart health**
- ◆ Includes Saw Palmetto and Lycopene
- ◆ Coenzyme B Vitamins for energy metabolism**

MAXI-Sorb®
Delivery System



Dietary
Supplement

120 Vegan
Capsules

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

ESTABLISHED
— 1971 —
Country Life