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Directions: Adults 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)	5,000 IU ... 100%
Vitamin C (as calcium ascorbate)	300 mg ... 500%
Vitamin D (as ergocalciferol)	200 IU ... 50%
Vitamin E (as d-alpha tocopheryl acid succinate)	300 IU ... 1,000%
Vitamin K (as phytylmenadione)	50 mcg ... 63%
Thiamine (vitamin B1) (as thiamine hydrochloride, thiamine ocarboxylase chloride)	25 mg ... 1,667%
Riboflavin (vitamin B2) (as riboflavin, riboflavin 5' phosphate)	25 mg ... 1,471%
Niacin (as niacinamide, niacin, inositol hexanicoinate)	50 mg ... 250%
Vitamin B6 (as pyridoxine hydrochloride, pyridoxal 5' phosphate)	50 mg ... 2,500%
Folic Acid	800 mcg ... 200%
Vitamin B12 (methylcobalamin)	500 mcg ... 8,333%
Biotin (as d-biotin)	200 mcg ... 67%
Pantothenic Acid (as calcium d-pantothenate, panthothine)	100 mg ... 1,000%
Calcium (as calcium hydroxyapatite, calcium ascorbate, calcium d-pantothenate, calcium citrate, dicalcium phosphate)	200 mg ... 20%
Phosphorus (as calcium hydroxyapatite, dicalcium phosphate)	74 mg ... 7%
Iodine (as potassium iodide)	150 mcg ... 100%
Magnesium (as magnesium rice chelate, rice protein based, oxide, citrate)	200 mg ... 50%
Zinc (as zinc monomethionine)	20 mg ... 133%
Selenium (as L-selenomethionine)	200 mcg ... 286%
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 tri-s four based)	50 mcg ... 67%
Potassium (as potassium citrate, iodide)	90 mg ... 3%

Whole Foods and Greens Blend:

Providing: Citrus bioflavonoid complex (citrus spp.) (from lemon, orange and grapefruit (peel), hesperidin (from lemon, orange, grapefruit) (peel)) Organic Barley Grass Juice powder (leaf) Spirulina (algae) (whole cell) Chlorella (algae) (whole cell) Organic pumpkin (fruit) Organic broccoli (sprout) Shiitake Mushroom Extract Reishi Mushroom Extract Inositol (as inositol, inositol hexanicoinate) Choline (from 100 mg choline bitartrate) Lycopene Betaine (from 20 mg betaine hydrochloride) Boron (as boron citrate)	50 mg 41 mg 20 mg 1 mg 250 mg 200 mcg 50 mcg 90 mg 390 mg
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* Daily Value not established.

Other Ingredients: Cellulose (capsule shell), alfalfa juice concentrate, magnesium stearate, sodium alginate, silica, maltodextrin, starch, gum acacia. Contains soy.

+ 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.

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.

Manufactured by Country Life, LLC
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Hauppauge, NY 11788 (USA)
CountryLifeVitamins.com

Product No. 8150

chromax®

**** 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
YES KOSHER
NO MILK OR PRESERVATIVES
NO ARTIFICIAL COLORS OR FLAVORS
NO ARTIFICIAL SWEETENERS

This product has been manufactured at a GMP Registered facility.

BEYOND FOOD®

IRON FREE

Certified Gluten-Free MULTIVITAMIN & MINERAL

- Coenzyme B-Vitamins for Energy Metabolism**
- 390 mg of Whole foods and Greens blend

MAXI-Sorb®
Delivery System

Dietary
Supplement

120 Vegan
Capsules

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