

03J17NL

Best by:



K

Lot No:

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	% Daily Value
Amount Per Serving	
Vitamin A (as beta carotene, retinyl palmitate).....	5,000 IU..... 100%
Vitamin C (as calcium ascorbate, ascorbyl palmitate).....	60 mg..... 100%
Vitamin D (as ergocalciferol).....	200 IU..... 50%
Vitamin E (as d-alpha tocopheryl acid succinate).....	120 IU..... 400%
Vitamin K (as phytylquinone).....	25 mcg..... 31%
Thiamin (Vitamin B1) (as thiamine hydrochloride, thiamine cocarboxylase chloride).....	10 mg..... 667%
Riboflavin (Vitamin B2) (as riboflavin, riboflavin 5' phosphate).....	10 mg..... 588%
Niacin (as niacinamide, niacin, inositol hexanicotinate).....	40 mg..... 200%
Vitamin B6 (as pyridoxine hydrochloride, pyridoxal 5' phosphate).....	20 mg..... 1,000%
Folic Acid.....	400 mcg..... 100%
Vitamin B12 (as methylcobalamin).....	120 mcg..... 2,000%
Biotin (as D-Biotin).....	100 mcg..... 33%
Pantothenic Acid (as calcium D-pantothenate, panthothine).....	40 mg..... 400%
Calcium (as calcium ascorbate, calcium D-pantothenate, calcium hydroxyapatite, calcium citrate, dibasic phosphate).....	20 mg..... 2%
Iron (as ferrous gluconate).....	4 mg..... 22%
Phosphorus (as calcium hydroxyapatite, pyridoxal 5' phosphate, riboflavin 5' phosphate, dicalcium phosphate).....	5 mg..... <2%
Magnesium (as magnesium rice citrate, rice protein based, citrate).....	15 mg..... 4%
Zinc (as zinc monomethionine).....	15 mg..... 100%
Selenium (as selenium rice citrate, rice protein based, L-selenomethionine).....	200 mcg..... 286%
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, citrate, rice flour based).....	20 mcg..... 27%
Potassium (as potassium citrate).....	10 mg..... <2%
Inositol (as inositol hexanicotinate).....	20 mg.....
Choline (from 30 mg choline bitartrate).....	12 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), cellulose, magnesium stearate, starch, maltodextrin. This product has been manufactured at a GMP Registered facility.

† Country Life always labels minerals in elemental weight.

Manufactured by Country Life, LLC
180 Vanderbilt Motor Parkway
Hauppauge, NY 11788 (USA)
CountryLifeVitamins.com
Product No. 8164

YES CERTIFIED GLUTEN-FREE
BY GFCO.ORG
YES CERTIFIED VEGAN BY THE AVA
YES RECYCLABLE PACKAGING
YES MANUFACTURING SUPPORTS
WIND POWER

YES KOSHER

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.**

NO WHEAT, MILK OR SOY
NO PRESERVATIVES
NO ARTIFICIAL COLORS,
FLAVORS OR
SWEETENERS

Daily Total One® is your answer for simple every day nutrition. A once a day multivitamin and multimineral complex, including Coenzyme B-Vitamins to support energy metabolism,** Chromax® chromium picolinate and the Chromax logo are registered trademarks of Nutrition 21, Inc.

**** This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**

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.

ESTABLISHED
— 1971 —
**Country®
Life**

DAILY TOTAL ONE®

Certified Gluten-Free

- ▶ 1 capsule daily
- ▶ Includes Coenzyme B-Vitamins



Dietary
Supplement

60 Vegan
Capsules

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