

Directions: Adult females take one (1) tablet daily with food. Do not exceed recommended dose. For more information, visit [CountryLife.com](#) or call 1-800-858-1111. See back panel for full directions and precautions that you take with your health care providers.

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving

% Daily Value

Enzyme Blend providing:

Protease from *Aspergillus oryzae*.....154 H.U.

Amylase from *Aspergillus oryzae*.....53 D.U.

Lipase from *Mucor* sp.....1.5 L.U.

Cellulase from *Trichoderma longum*.....0.82 C.U.

Lactase from *Aspergillus oryzae*.....23.45 Lac.U.

Proprietary Probiotic Blend from:

Lactobacillus rhamnosus.....420,000 CFU**

Lactobacillus acidophilus.....360,000 CFU**

Bifidobacterium lactis.....300,000 CFU**

Bifidobacterium longum.....120,000 CFU**

Inositol (as inositol hexanicofonate).....54 mg

Citrus Bioflavonoid Complex (from lemon, orange and grapefruit/fruit).....25 mg

Choline (from 56 mg choline bitartrate).....23 mg

* Daily Value not established.

* Viable cell count at the time of manufacture.

Other Ingredients: Cellulose, L-leucine, cellulose & glycerin coating, silica, gum arabic, sunflower oil, corn starch, malodextrin, vegetable glycerol, natural flavor. Contains milk and soy.

H.U. = Haemoglobin Units

D.U. = Desintegrin Units

C.U. = Cellulase Units

Lac.U. = Lactase Units

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.

See box for Lot No. and Best by date information.

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.

FruiteX® (US #5962049) is a registered trademark and is licensed exclusively from VDF FutureCeuticals, Inc. VitaBerry® is a registered trademark of VDF FutureCeuticals, Inc. used under license. Chromax® chromium picolinate and the Chromax logo are registered trademarks of Nutrition 21, Inc. ACTiVale® is a registered trademark of Aleocorp, Inc.

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.

Manufactured by Country Life, LLC

180 Vanderbilt Motor Parkway

Hauspaugus, NY 11788 (USA)

CountryLifeVitamins.com

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Product No. 6192

Lot No:

03177N

Country Life® is Core Daily®-1 line makes taking daily supplements even easier. With just one easy to swallow tablet, you get more than just a simple multivitamin. Core Daily®-1 Multivitamins contain Probiotics, Whole Foods, Aloe, B Vitamins, enzymes and more. Instead of 6 different pill bottles and boxes, it's just one comprehensive tablet to help you with versatile, across the board nutritional support.***

This formula is specifically designed with Women's health in mind. It includes ingredients like Whole Fruit Cranberry and 100% inner fillet ACTiVale®, Core Daily®-1 Women's provides daily support for basic nutritional needs.***

All Country Life® Core Daily®-1 Multivitamins include...

- A comprehensive Whole Foods blend of over 30 different raw fruits, vegetables, legumes, sprouts, grains, and super foods.
- "Coenzymated" essential B Vitamins in a body-ready state to support energy production and metabolism.***
- Unique digestive enzymes along with a full spectrum probiotic blend.
- 100% Inner fillet of ACTiVale® Aloe Vera.

ACTiVale® FruiteX® 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.

This product has been manufactured at a GMP Registered facility.

Country Life

CORE 1

Daily-1

MULTIVITAMINS

1 DAILY

WOMEN

Certified Gluten-Free

One Tablet includes:

- 200+ mg of Women's Health Blend
- Over 30 Raw Whole Foods
- "Coenzymated" B Vitamins for Energy***
- AND Probiotics, Digestive Enzymes, and Aloe

Dietary Supplement

60 Tablets

2 Month Supply

— **OUR PLEDGE OF INTEGRITY** —

Authenticity • Cleanliness • Freshness • Consistency • Accuracy

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Supplement Facts

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Vitamin A (as beta carotene, natural mixed carotenoids).....2,500 I.U.

Vitamin B (as ascorbic acid, amla extract, amla berry extract).....100 mg

Vitamin D (D3 (as cholecalciferol)).....400 I.U.

Vitamin E (as d-alpha tocopheryl acid succinate).....50 I.U.

Vitamin K (as phytylphosphonate (K1), menaquinone (K2)).....81 mcg

Thiamine (vitamin B1) (as thiamine hydrochloride).....5 mg

Riboflavin (vitamin B2) (as riboflavin, riboflavin 5' phosphate).....5 mg

Niacin (as niacin hexanicofonate).....20 mg

Vitamin B6 (as pyridoxine hydrochloride, pyridoxal 5' phosphate).....5 mg

Folic Acid.....800 mcg

Vitamin B12 (as cyanocobalamin, methylcobalamin).....100 mcg

Biotin (as d-biotin).....300 mcg

Para-aminobenzoic acid (as calcium d-para-aminobenzoate, para-aminobenzoate).....25 mg

Calcium (as calcium hydroxyapatite, calcium fructoborate).....220 mg

Iron (as ferrous gluconate).....9 mg

Phosphorus (as calcium hydroxyapatite).....102 mg

Magnesium (as magnesium oxide, citrate).....100 mg

Zinc (as zinc monomethionine).....5 mg

Selenium (as sodium selenate).....70 mcg

Copper (as copper amino acid chelate (free base)).....0.9 mg

Manganese (as manganese amino acid chelate (free base)).....2 mg

Chromium (as chromium picolinate).....50 mcg

Molybdenum (as molybdenum amino acid chelate (free base)).....25 mcg

Potassium (as potassium citrate).....10 mg

Proprietary Women's Health Blend:.....207 mg

Cranberry Blue Blend:.....

Organic Cranberry, VitaBerry® Plus-Fruit Blend (Grape Seed Extract, Wild Blueberry, Wild Bilberry, Cranberry, Tart Cherry, Prune, Raspberry Seed, Strawberry, Hesperidin (from polyphenol capsaicin (fruit), Quercetin (from amla berry, amla fruit), Pomegranate Concentrate, Elagic Acid (from punica granatum (pomegranate)), Calcium fructoborate (FruiteX®) (providing 1.5 mg Boron)

Ginger Extract 10:1 (rhizome)

Fermented Organic Whole Food Blend:

Organic Whole Vegetables (organic kale, organic pumpkin, organic red radish sprout, organic broccoli sprout, organic dandelion sprout, organic collard greens, organic spinach, organic beet, organic broccoli, organic pea)

Organic Whole Fruit (organic cranberry, organic acai, organic blueberry, organic blackberry, organic raspberry, organic strawberry, organic tart cherry, organic pomegranate, organic banana, organic mango)

Organic Whole Legumes and Grains (organic adzuki bean, organic red lentil bean, organic quinoa sprout powder, organic millet sprout)

Organic Super Foods (organic goji, organic chlorella, organic spirulina)

Organic Aloe Vera (ACTiVale®) (100% inner fillet of leaf)

Also incorporate some Vitamin D today:

- Promotes bone strength.***
- Essential for calcium absorption.***
- Supports immune health.***

Available in softgel or liquid

in 1000 IU, 2500 IU, and 5000 IU.

Country Life is passionate about helping you live a healthy, active life.

This extends into the environment we live in and the materials we use in our packaging.

We use 100% recycled paperboard.

RECYCLED

Packaging made from recycled material

FSC® C005506

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MULTIVITAMINS

1 DAILY

WOMEN

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2 Month Supply

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PLEASE HELP US IN OUR MISSION:

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