Directions: Adult males take one (1) tablet 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 tablet. **Serving Size** 1 tablet. Vitamin A (as beta carotene, natural mixed carotenoids) 2,500 I.U. (50%, DV), Vitamin C (as ascorbic acid, amla extract, acerola berry extract) 100 mg (167%, DV), Vitamin D (D3)(as cholecalciferol) 400 I.U. (100%, DV) Vitamin E (as d-alpha tocopheryl acid succinate) 50 I.U. (167%, DV), Vitamin K (as phytonadione (K1), menaquinone (K2)) 81 mcg (101%, DV), Thiamin (vitamin B1)(as thiamine hydrochloride) 5 mg (333%, DV), Riboflavin (vitamin B2)(as riboflavin, riboflavin 5' phosphate) 5 mg (294%, DV), Niacin (as inositol hexanicotinate) 20 mg (100%, DV), Vitamin B6 (as pyridoxine hydrochloride, pyridoxal 5' phosphate) 5 mg (250%, DV), Folic Acid 400 mcg (100%, DV), Vitamin B12 (as cyanocobalamin, methylcobalamin) 100 mcg (1,667%, DV), Biotin (as d-Biotin) 300 mcg (100%, DV), Pantothenic Acid (as calcium d-pantothenate, pantethine) 26 mg (260%, DV), Calcium (as calcium hydroxyapatite, calcium ascorbate, calcium d-pantothenate, calcium fructoborate) 116 mg (12%, DV), Phosphorus (as calcium hydroxyapatite) 51 mg (5%, DV), Magnesium (as magnesium oxide, citrate) 50 mg (13%, DV), Zinc (as zinc citrate) 5 mg (33%, DV), Selenium (as sodium selenate) 70 mcg (100%, DV), Copper (as copper amino acid chelate [rice based]) 0.25 mg (13%, DV), Manganese (as manganese amino acid chelate [rice based]) 2 mg (100%, DV), Chromium (as chromium picolinate) 50 mcg (42%, DV), Molybdenum (as molybdenum amino acid chelate [rice based]) 25 mcg (33%, DV), Potassium (as potassium citrate) 10 mg (<1%, DV), Proprietary Men's Health Blend: 227 mg (*, DV): Saw Palmetto Extract (berry), Calcium fructoborate (FruitexB®)(providing 1 mg Boron), Ginger Extract 10:1 (rhizome), Tomato Extract (providing 1 mg lycopene), Fermented Organic Whole Food Blend: **Organic Whole Vegetables** (organic kale, organic pumpkin, organic red radish sprout, organic broccoli sprout, organic daikon radish sprout, organic collard green, 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 ginger, organic chlorella, organic spirulina), Pygeum Extract 70:1 (bark)(3% phytosterols), Pumpkin Seed Extract, Organic Aloe Vera (ACTIValoe®)(100% inner fillet of leaf), Proprietary Probiotic Blend: Lactobacillus rhamnosus 420,000 CFU**, Lactobacillus acidophilus 360,000 CFU**, Bifidobacterium lactis 300,000 CFU**, Bifidobacterium longum 120,000 CFU**, Betaine (as betaine hydrochloride) 76 mg (*), Inositol (as inositol, inositol hexanicotinate) 54 mg (*), Sharp-PS® GOLD Conjugated PS-DHA (phosphatidylserine-docosahexaenoic acid complex)(from soy lecithin and fish extracts-blue whiting, herring) (standardized at 45% PS equal to 25 mg, 8% DHA as % PS-total fatty acids) 56 mg (*), Citrus Bioflavonoid Complex (from lemon, orange and grapefruit)(fruit) 25 mg (*), Choline (from 30 mg choline bitartrate) 12 mg (*), FruitexB® (US #5962049) 0.25 mg (*), ACTIValoe® (US #5962049) 0.25 mg (*), Proprietary Digestive Blend: Lactobacillus rhamnosus 420,000 CFU**, Lactobacillus acidophilus 360,000 CFU**, Bifidobacterium lactis 300,000 CFU**, Bifidobacterium longum 120,000 CFU**, Protease (from *Aspergillus oryzae*) 154 H.U., Amylase (from *Aspergillus oryzae*) 53 D.U., Lipase (from *rhizopus oryzae*) 1.5 L.U., Cellulase (from *trichoderma longibrachatum*) 0.62 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**, Betaine (as betaine hydrochloride) 76 mg (*), Inositol (as inositol, inositol hexanicotinate) 54 mg (*), Sharp-PS® GOLD Conjugated PS-DHA (phosphatidylserine-docosahexaenoic acid complex) (from soy lecithin and fish extracts-blue whiting, herring) (standardized at 45% PS equal to 25 mg, 8% DHA as % PS-total fatty acids) 56 mg (*), Citrus Bioflavonoid Complex (from lemon, orange and grapefruit)(fruit) 25 mg (*), FruitexB® (US #5962049) 0.25 mg (*), ACTIValoe® (US #5962049) 0.25 mg (*), Other Ingredients: Cellulose, L-leucine, cellulose & glycerin coating, silica, gum arabic, sunflower oil, corn starch, maltodextrin, vegetable glaze. Contains milk, soy and fish (blue whiting, herring).

H.U. - Haemoglobin Units D.U. - Dextrinizing Units L.U. - Lipase 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.

YES CERTIFIED GLUTEN-FREE BY GFCO.ORG
YES RECYCLABLE PACKAGING
YES MANUFACTURING SUPPORTS WIND POWER
NO WHEAT
NO PRESERVATIVES OR ARTIFICIAL COLORS
NO ARTIFICIAL FLAVORS OR SWEETENERS
NO MAGNESIUM STEARATE

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. FruitexB® (US #5962049) is a registered trademark and is licensed exclusively from VDF FutureCeuticals, Inc. Chromax® chromium picolinate and the Chromax logo are registered trademarks of Nutrition 21, Inc. ACTIValoe® is a registered trademark of Abocorp, Inc. Sharp-PS® Gold is a registered trademark of Enzymotec Ltd.

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Manufactured by Country Life, LLC
180 Vanderbilt Motor Parkway
Hauppauge, NY 11788 (USA)
CountryLifeVitamins.com
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Product No. 8194 03J17NM

Lot No:

Best by:

03G17NL

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Country Life

CORE 1 Daily® MULTIVITAMINS

Dietary Supplement | 60 Tablets | 2 Month Supply | Our PLEDGE of INTEGRITY — AUTHENTICITY • CLEANLINESS • FRESHNESS CONSISTENCY • ACCURACY

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 *rhizopus oryzae*) 1.5 L.U.	
Cellulase (from *trichoderma longibrachatum*) 0.62 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**	
Betaine (as betaine hydrochloride) 76 mg	*
Inositol (as inositol, inositol hexanicotinate) 54 mg	*
Sharp-PS® GOLD Conjugated PS-DHA (phosphatidylserine-docosahexaenoic acid complex)(from soy lecithin and fish extracts-blue whiting, herring) (standardized at 45% PS equal to 25 mg, 8% DHA as % PS-total fatty acids) 56 mg	*
Citrus Bioflavonoid Complex (from lemon, orange and grapefruit)(fruit) 25 mg	*
Choline (from 30 mg choline bitartrate) 12 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, maltodextrin, vegetable glaze. Contains milk, soy and fish (blue whiting, herring).

H.U. - Haemoglobin Units D.U. - Dextrinizing Units L.U. - Lipase Units
C.U. - Cellulase Units Lac.U. - Lactase Units

† Country Life always labels minerals in elemental weight.

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Keep out of the reach of children.
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YES CERTIFIED GLUTEN-FREE BY GFCO.ORG
YES RECYCLABLE PACKAGING
YES MANUFACTURING SUPPORTS WIND POWER
NO WHEAT
NO PRESERVATIVES OR ARTIFICIAL COLORS
NO ARTIFICIAL FLAVORS OR SWEETENERS
NO MAGNESIUM STEARATE

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Keep out of the reach of children.
See box for Lot No. and Best by Date information.
Manufactured by Country Life, LLC
180 Vanderbilt Motor Parkway, Hauppauge, NY 11788 (USA)
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Product No. 8194

Country Life®'s 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 Men over 50's health in mind. It includes ingredients like Saw Palmetto, Pygeum, Lycopene and Pumpkin Seed Extract. Core Daily®-1 Men's 50+ 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 ACTIValoe® Aloe Vera.

Sharp-PS® GOLD FruitexB ACTIValoe 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® MULTIVITAMINS

Dietary Supplement | 60 Tablets | 2 Month Supply | Our PLEDGE of INTEGRITY — AUTHENTICITY • CLEANLINESS • FRESHNESS CONSISTENCY • ACCURACY

Directions: Adult males take one (1) tablet 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 tablet

Amount Per Serving	% Daily Value
Vitamin A (as beta carotene, natural mixed carotenoids) 2,500 I.U.	50%
Vitamin C (as ascorbic acid, amla extract, acerola berry extract) 100 mg	167%
Vitamin D (D3)(as cholecalciferol) 400 I.U.	100%
Vitamin E (as d-alpha tocopheryl acid succinate) 50 I.U.	167%
Vitamin K (as phytonadione (K1), menaquinone (K2)) 81 mcg	101%
Thiamin (vitamin B1)(as thiamine hydrochloride, thiamine cocarboxylase chloride) 5 mg	333%
Riboflavin (vitamin B2)(as riboflavin, riboflavin 5' phosphate) 5 mg	294%
Niacin (as inositol hexanicotinate) 20 mg	100%
Vitamin B6 (as pyridoxine hydrochloride, pyridoxal 5' phosphate) 5 mg	250%
Folic Acid 400 mcg	100%
Vitamin B12 (as cyanocobalamin, methylcobalamin) 100 mcg	1,667%
Biotin (as d-Biotin) 300 mcg	100%
Pantothenic Acid (as calcium d-pantothenate, pantethine) 26 mg	260%
Calcium (as calcium hydroxyapatite, calcium ascorbate, calcium d-pantothenate, calcium fructoborate)† 116 mg	12%
Phosphorus (as calcium hydroxyapatite)† 51 mg	5%
Magnesium (as magnesium oxide, citrate)† 50 mg	13%
Zinc (as zinc citrate)† 5 mg	33%
Selenium (as sodium selenate)† 70 mcg	100%
Copper (as copper amino acid chelate [rice based])† 0.25 mg	13%
Manganese (as manganese amino acid chelate [rice based])† 2 mg	100%
Chromium (as chromium picolinate)† 50 mcg	42%
Molybdenum (as molybdenum amino acid chelate [rice based])† 25 mcg	33%
Potassium (as potassium citrate)† 10 mg	<1%
Proprietary Men's Health Blend: 227 mg	*
Saw Palmetto Extract (berry)	
Calcium fructoborate (FruitexB®)(providing 1 mg Boron)	
Ginger Extract 10:1 (rhizome)	
Tomato Extract (providing 1 mg lycopene)	
Fermented Organic Whole Food Blend:	
Organic Whole Vegetables (organic kale, organic pumpkin, organic red radish sprout, organic broccoli sprout, organic daikon radish sprout, organic collard green, 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 ginger, organic chlorella, organic spirulina)	
Pygeum Extract 70:1 (bark)(3% phytosterols)	
Pumpkin Seed Extract	
Organic Aloe Vera (ACTIValoe®)(100% inner fillet of leaf)	

Also try our Award winning SharpThought®: Triple Action!

- Supports Increased Mental Clarity†***
- Supports Memory†***
- Supports Faster Recall†***

†Based on 3 capsules daily

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.

FSC www.fsc.org RECYCLED Packaging made from recycled material FSC® C005506

PLEASE HELP US IN OUR MISSION; RECYCLE THIS BOX & BOTTLE AFTER USE.