

04J11L



Lot No:

0 Best by:

Directions: Adults take one (1) capsule daily with food. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 1 capsule	
Amount Per Serving	% Daily Value
Vitamin A (as beta carotene, retinyl palmitate)	5,000 I.U. 100%
Vitamin C (as calcium ascorbate, ascorbyl palmitate)	60 mg 100%
Vitamin D (as ergocalciferol)	200 I.U. 50%
Vitamin E (as d-alpha tocopheryl acid succinate)	120 I.U. 400%
Vitamin K (as phytanadiene).	25 mcg 31%
Thiamin (vitamin B1)(as thiamine hydrochloride,	10 mg 667%
coccarboxylase)	
Riboflavin (vitamin B2) (as riboflavin,	10 mg 588%
riboflavin 5' phosphate)	
Niacin (as niacinamide, niacin, inositol hexanicotinate,	40 mg 200%
chromium polynicotinate)	
Vitamin B6 (as pyridoxine hydrochloride, pyridoxal 5' phosphate) 20 mg	1,000%
Folic Acid	400 mcg 100%
Vitamin B12 (as dibenzozide)	120 mcg 2,000%
Biotin (as d-Biotin)	100 mcg 33%
Pantothenic Acid (as d-calcium pantothenate, panthethine)	40 mg 400%
Calcium (as calcium ascorbate, calcium hydroxyapatite,	20 mg 2%
citrate, dicalcium phosphate)†	
Iron (as ferrous gluconate)†	4 mg 22%
Magnesium (as magnesium rice chelate, citrate)†	15 mg 4%
Zinc (as zinc monomethionine)†	15 mg 100%
Selenium (as selenium amino acid chelate,	200 mcg 286%
L-selenomethionine)†	
Copper (as copper citrate)†	1 mg 50%
Manganese (as manganese citrate)†	2 mg 100%
Chromium (as chromium polynicotinate)†	120 mcg 100%
Molybdenum (as molybdenum citrate)†	20 mcg 27%
Potassium (as potassium citrate)†	10 mg <2%
providing:	
Protease (from <i>aspergillus oryzae</i>)	309 H.U. *
Amylase (from <i>aspergillus oryzae</i>)	106 D.U. *
Lipase (from <i>rhizopus oryzae</i>)	1.13 L.U. *
Cellulase (from <i>trichoderma longibrachiatum</i>)	1.25 C.U. *
Lactase (from <i>aspergillus oryzae</i>)	46.9 Lac U. *
Organic Aloe Vera (ACTValoe®)(leaf)	10 mg *
Silica (as silica, horsetail extract 4:1 [leaf/stem])†	5 mg *
Betaine (from 5 mg betaine hydrochloride)	3.8 mg *
Boron (as boron citrate)†	500 mcg *
Daily Value not established	

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.

Do not accept if seal is broken. Product No. 8163 Store between 59°-86° F.

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

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Other Ingredients: Cellulose (capsule shell), cellulose, magnesium stearate, modified starch, rice flour, maltodextrin, sunflower oil, silica, citric acid.

WARNING: If you are pregnant or 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. **NO:** Wheat, soy, gluten, milk or artificial color. † Country Life always labels minerals in elemental weight.

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Manufactured by Country Life, LLC
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CountryLifeVitamins.com



This product has been manufactured at an NSF GMP Registered facility.



MULTIVITAMINS

DAILY TOTAL ONE™

With MAXI-SORB™
Delivery System

Daily Dietary Supplement
Gluten-Free
30 Vegetarian Capsules

WITH IRON!