

Serving Size 1 tablet

	Amount Per Serving	% Daily Value
Niacin (as chromium polynicotinate)	1 mg	5%
Vitamin B6 (as pyridoxine alpha-ketoglutarate)	7.5 mg	375%
Folic Acid	200 mcg	50%
Vitamin B12 (as cyanocobalamin)	50 mcg	833%
Calcium (as calcium carbonate)†	60 mg	6%
Magnesium (as magnesium aspartate)†	50 mg	13%
Zinc (as zinc monomethionine)†	2.5 mg	17%
Copper (as copper lysinate)†	0.5 mg	25%
Manganese (as manganese citrate)†	1.5 mg	75%
Chromium (as chromium polynicotinate)†	200 mcg	167%
Potassium (as potassium aspartate)†	49.5 mg	<2%
Gymnema Sylvestre (leaf) (from 40:1 extract) (75% gymnemic acids equal to 4.7 mg)	6.3 mg	*
Fenugreek (seed) (from 37.5 mg of a 4:1 extract)	150 mg	*
Bitter Melon Extract 4:1 (fruit)	100 mg	*
PAK (pyridoxine alpha-ketoglutarate)	12.5 mg	*
Vanadium (from 2.5 mg vanadyl sulfate)†	781 mcg	*

\* Daily Value not established.

† Country Life always labels minerals in elemental weight.

Other Ingredients: Cellulose, stearic acid, cellulose & glycerin coating, magnesium stearate, vegetable glaze.

**Directions:** Adults take one (1) tablet twice daily before a meal. Do not exceed recommended dose. As a reminder, discuss the supplements and medications that you take with your health care providers.

**WARNING:** 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 between 59°-86° F.**

**Keep out of the reach of children.**

- **NO:** Yeast, wheat, soy, gluten, milk, salt, sugar, preservatives or artificial color.
- Certified Vegan by the American Vegetarian Association (AVA).
- Certified Gluten-Free.