



DIETARY SUPPLEMENT
HIGH POTENCY

50%
FREE

45-Day
Supply

Multivitamin & Multimineral

Mega Multi

For WOMEN

Compare Active Ingredients To
GNC's Women's Ultra Mega†

90 ~~60~~ Tablets

DIRECTIONS: As a dietary supplement, take up to two (2) tablets daily, with any meal for maximum daily results, or as directed by a healthcare provider.

Keep out of reach of children. Do not use if product appears to be tampered with or seal is broken. Store at room temperature.

Unconditionally guaranteed for purity, freshness and label potency. No Salt, Yeast or Preservatives.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

† Women's Ultra Mega® is a registered trademark of General Nutrition Corporation, Pittsburgh, PA 15222

21st Century's® Mega Multi For Women is a high potency multivitamin that helps neutralize free radicals and is complete with 34 essential vitamins, minerals, & nutrients.*

*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.

21st Century HealthCare, Inc.
2119 S. Wilson Street, Tempe, AZ 85282 USA
www.21stcenturyvitamins.com



21st Century® ... for a healthier future.

Mega Multi for Women

Supplement Facts

Serving Size: 2 Tablets
Servings Per Container: 45

Amount Per Serving	% DV
Vitamin A (as Palmitate, 50% as Beta Carotene)	10,000 I.U. 200%
Vitamin C (as Ascorbic Acid)	200 mg 333%
Vitamin D (as Cholecalciferol)	400 I.U. 100%
Vitamin E (as d-alpha Tocopheryl Acetate)	100 I.U. 333%
Vitamin K (as Phytonadione)	75 mcg 94%
Thiamin (Thiamin Mononitrate, B1)	80 mg 5333%
Riboflavin (Vitamin B2)	80 mg 4706%
Niacin (as Niacinamide)	80 mg 400%
Vitamin B6 (as Pyridoxine HCl)	80 mg 4000%
Folic Acid	400 mcg 100%
Vitamin B12 (as Cyanocobalamin)	80 mcg 1333%
Biotin	80 mcg 27%
Pantothenic Acid (as d-Calcium Pantothenate)	80 mg 800%
Calcium (as Calcium Carbonate)	500 mg 50%
Iron (as Hydrolyzed Protein Chelate)	27 mg 150%
Iodine (as Kelp)	150 mcg 100%
Magnesium (as Magnesium Oxide)	200 mg 50%
Zinc (as Zinc Oxide)	15 mg 100%
Selenium (as Hydrolyzed Protein Chelate)	100 mcg 143%
Copper (as Hydrolyzed Protein Chelate)	2 mg 100%
Manganese (as Hydrolyzed Protein Chelate)	5 mg 250%
Chromium (as Hydrolyzed Protein Chelate)	100 mcg 83%
Molybdenum (as Hydrolyzed Protein Chelate)	50 mcg 67%
Boron (as Hydrolyzed Protein Chelate)	2 mg **
Silica (as Silicon Dioxide)	2 mg **
Choline (as Choline Bitartrate)	10 mg **
Inositol	10 mcg **
para-Aminobenzoic Acid	10 mg **
Citrus Bioflavonoids Complex	25 mg **
Royal Jelly	5 mg **
Bee Pollen Powder	25 mg **
Dong Quai (Angelica sinensis)(root)	50 mg **
Lutein	500 mcg **
Red Raspberry (Rubus idaeus)(leaf)	2 mg **

** Daily Value (DV) not established.

Other Ingredients: Stearic Acid, Cellulose, Hydroxypropyl Methylcellulose, Maltodextrin, Silicon Dioxide, Hydroxypropyl Cellulose, Natural Vanilla Flavor, Magnesium Stearate, Ethylcellulose.