

Directions: Take one (1) tablet daily with any meal for maximum daily results, or as directed by your healthcare provider. Do not exceed recommended dosage.

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 Added Sugar, Salt, Yeast, Preservatives, Artificial Flavors or Colors.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or Poison Control Center immediately.

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

Made In U.S.A.

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**21ST
CENTURY®**



DIETARY SUPPLEMENT

Stress B

with Iron

**Compare Active Ingredients
To Stresstabs® +Iron^{††}**

66 ~~60~~ Tablets

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	% DV [†]
Vitamin C (as Ascorbic Acid)	500 mg 833%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	30 IU 100%
Thiamin (as Thiamine Mononitrate)	10 mg 667%
Riboflavin (Vitamin B-2)	10 mg 588%
Niacin (as Niacinamide)	100 mg 500%
Vitamin B-6 (as Pyridoxine Hydrochloride)	5 mg 250%
Folic Acid	400 mcg 100%
Vitamin B-12 (as Cyanocobalamin)	12 mcg 200%
Biotin	45 mcg 15%
Pantothenic Acid (as d Calcium Pantothenate)	20 mg 200%
Iron (as Ferrous Fumarate)	18 mg 100%

[†] Percent Daily Value (DV) based on a 2,000 calorie diet.

Other Ingredients: Calcium Carbonate, Cellulose, Starch, Stearic Acid, Croscarmellose Sodium, Silicon Dioxide, Titanium Dioxide, Magnesium Stearate, Artificial Colors Added (FD&C Yellow#5).

**21ST
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21ST Century® ... for a healthier future.

Stress B with Iron

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Studies have shown that during periods of unusual physical stress, your body uses up more vitamins than normal.* 21st Century's® Stress B with Iron and multi-vitamins can help supplement your diet because they contain many of the vitamins your body can not store.

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* 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.

^{††} Stresstabs® +Iron is a registered trademark of Selfcare, Inc., Waltham, MA 02453

