

Directions: As a dietary supplement, adults take one (1) tablet daily with any meal, or as directed by a health care 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 Sugar, Salt, Yeast, Preservatives, Artificial Flavors.

21ST Century HealthCare, Inc.
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www.21stcenturyvitamins.com



**21ST
CENTURY®**



DIETARY SUPPLEMENT

WITH LUTEIN

Therapeutic-M

**Compare Active Ingredients To
Theragran-M®†**

130 Tablets

21st Century's® Therapeutic-M Multivitamin and Mineral tablets contain over 30 vitamins and minerals, helping you meet your daily nutritional requirements.

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.

†Theragran-M® is a registered trademark of Mead Johnson & Co., Evansville, IN 47721



Therapeutic-M

Other Ingredients: Calcium Carbonate, Cellulose, Starch, Croscarmellose Sodium, Stearic Acid, Silicon Dioxide, Polydextrose, Magnesium Stearate, Artificial Colors (FD&C Red #40, FD&C Blue#2). 0405

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A (as Retinol & 20% as Beta Carotene)	5,000 I.U. 100%	Magnesium (as Magnesium Oxide)	100 mg 25%
Vitamin C (as Ascorbic Acid)	90 mg 150%	Zinc (as Zinc Oxide)	15 mg 100%
Vitamin D (as Cholecalciferol)	400 I.U. 100%	Selenium (as Sodium Selenate)	70 mcg 100%
Vitamin E (as d-alpha Tocopheryl Acetate)	60 I.U. 200%	Copper (as Cupric Oxide)	2 mg 100%
Vitamin K (as Phyltonadione)	28 mcg 35%	Manganese (as Manganese Sulfate)	2 mg 100%
Thiamin (Thiamin HCl)	3 mg 200%	Chromium (as Chromium Chloride)	120 mcg 100%
Riboflavin (Vitamin B2)	3.4 mg 200%	Molybdenum (as Sodium Molybdate)	75 mcg 100%
Niacin (as Niacinamide)	20 mg 100%	Chloride (as Potassium Chloride)	7.5 mg <1%
Vitamin B6 (as Pyridoxine HCl)	6 mg 300%	Potassium (as Potassium Chloride)	7.5 mg <1%
Folic Acid	400 mcg 100%	Boron (as Borates)	150 mcg **
Vitamin B12 (as Cyanocobalamin)	12 mcg 200%	Tin (as Stannous Chloride)	10 mcg **
Biotin	30 mcg 10%	Nickel (as Nickelous Sulfate)	5 mcg **
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg 100%	Silicon (as Silicon Dioxide)	2 mg **
Calcium (as Calcium Phosphate)	40 mg 4%	Vanadium (as Sodium Metavanadate)	10 mcg **
Iron (as Ferrous Fumarate)	9 mg 50%	Lutein	250 mcg **
Phosphorus (as Calcium Phosphate)	31 mg 3%		
Iodine (as Potassium Iodide)	150 mcg 100%		

** Daily Value (DV) not established.