

This product contains NO yeast, wheat gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives or flavoring.

Suggested Usage: As a dietary supplement, adults take 1 tablet daily or as directed by physician.

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 doctor or poison control center immediately.

For optimal storage conditions, store in a cool, dry place. (59-77degF/15-25degC) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

**QUALITY AND POTENCY
GUARANTEED**

Formulated for:
Martin Avenue Pharmacy, Inc.
"We Make It Better..."
Naperville, IL 60540
(630) 355-6400

#10053



Essentials

MultiVitamin and Mineral

Dietary Supplement
60 Tablets

www.MartinAvenue.com

Supplement Facts

Serving Size 1 tablet

Amount Per Tablet	%Daily Value	Amount Per Tablet	%Daily Value
Vitamin A (50% as Palmitate/50% as Beta-Carotene [7500 IU])	15,000 IU 300%	Zinc (from Zinc AAC)	15 mg 100%
Vitamin C (Ascorbic Acid)	250 mg 417%	Selenium (from Selenium AAC)	25 mcg 36%
Vitamin D-3	400 IU 100%	Copper (from Copper AAC)	0.25 mg 13%
Vitamin E	150 IU 500%	Manganese (from Manganese AAC)	6.1 mg 305%
Thiamine (Vitamin B-1)	75 mg 5000%	Chromium(as GTF/Chromium AAC)	10 mcg 8%
Riboflavin (Vitamin B-2)	75 mg 4412%	Potassium (from Potassium AAC)	10 mg <1%
Niacinamide	75 mg 375%	Choline	35 mg *
Vitamin B-6	75 mg 3750%	(from 75 mg Choline Bitartrate)	
Folic Acid	400 mcg 100%	Inositol	75 mg *
Vitamin B-12	75 mcg 1250%	PABA (Para-Aminobenzoic Acid)	75 mg *
Pantothenic Acid (as Calcium Pantothenate)	75 mg 750%	Rutin	25 mg *
Biotin	75 mcg 25%	Citrus Bioflavonoid Complex	25 mg *
Calcium (from Calcium AAC)	50 mg 5%	Betaine (from 25 mg Betaine HCl)	19 mg *
Iron (from Iron AAC)	10 mg 56%	Glutamic Acid	25 mg *
Iodine	150 mcg 100%	Hesperidin Complex	5 mg *
Magnesium (from Magnesium AAC)	7.7 mg 2%		

*Daily Value not established.

AAC=Amino Acid Chelate; Other ingredients: cellulose, alfalfa, vegetable stearate and silica.