

Contains No Added sugar, salt, dairy, yeast, wheat, corn, soy, preservatives, artificial colors or flavors.

Suggested Use: As a dietary supplement, adults take one (1) tablet daily, preferably with a meal or as directed by a health care professional. Store in a cool, dry place and away from direct light.

Keep out of reach of children.

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



Essentials

MultiVitamin and Mineral Without Iron

Dietary Supplement

60 Tablets

www.MartinAvenue.com

Supplement Facts Serving Size: 1 Tablet

Amount Per Serving % DV			Amount Per Serving % DV		
Vitamin A (as beta carotene)	10000 I.U.	200%	Zinc (as methionine)***	10 mg.	67%
Vitamin C (as ascorbic acid)	250 mg	417%	Selenium (as L-selenomethionine)	35 mcg.	50%
Vitamin D (as cholecalciferol)	400 I.U.	100%	Copper	1 mg.	50%
Vitamin E (as d-alpha)	150 I.U.	500%	Manganese**	6.1 mg.	305%
Vitamin B-1	75 mg	5000%	Chromium (as polynicotinate)▲	100 mcg.	83%
Vitamin B-2 (as riboflavin)	75 mg.	4412%	Molybdenum	50 mcg.	67%
Niacin (as niacinamide)	75 mg.	375%	Potassium **	10 mg.	<1%
Vitamin B-6	75 mg.	3750%	Choline (as bitartrate)	75 mg.	*
Folic Acid	400 mcg.	100%	Inositol	75 mg.	*
Vitamin B-12	75 mcg.	1250%	Para amino benzoic acid	75 mg.	*
Biotin	75 mcg.	25%	Citrus bioflavonoids	25 mg.	*
Pantothenic Acid	75 mg.	750%	Hesperidin complex	5 mg.	*
Calcium**	50 mg.	5%	Betaine hydrochloride	25 mg.	*
Iodine (from kelp)	150 mcg.	100%	Glutamic acid	25 mg.	*
Magnesium**	7.2 mg.	2%	Rutin	25 mg.	*
			RNA (Nucleic acid)	50 mg.	*

*Daily Value Not Established ** As amino acid chelate

Other Ingredients: Rice bran, alfalfa, parsley, watercress, natural vanilla, (May contain one or more of the following; magnesium stearate, cellulose, vegetable stearin, dicalcium phosphate and silica).

*** from Optizinc®, a unique, patented 1:1 complex of zinc and methionine, which increases zinc absorption.

▲ from Chromeate®, a unique, patented brand of niacin bound chromium (polynicotinate).

QUALITY AND POTENCY GUARANTEED