Living life with your health and wellness in mind is living life well!

Directions: As a dietary supplement, adults take one (1) tablet daily with any meal or as directed by a healthcare provider. Do not exceed recommended dosage. Individual results may vary.

Warning: Consult a healthcare provider prior to use if pregnant, nursing, on medications, have a medical condition or are planning a medical procedure. Stop use

and contact a physician if adverse reactions occur. Keep out of reach of children. Do not use if product appears to be tampered with or seal is broken. Store at room temperature.

No added Yeast, Artificial Flavors or Colors, Gluten Free,

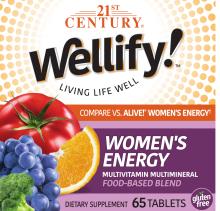
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Proudly Manufactured by 21st Century HealthCare, Inc. 2119 S. Wilson St., Tempe, AZ 85282 USA 21stcenturvvitamins.com

501474-0219N



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.



Supplement Facts Serving Size 1 Tablet

Amount Per Serving	% Daily	/ Value	Amount Per Serving	% Daily	Value
Vitamin A (30% as Beta-Carotene)	1,500 mcg	167%	Iron (as Ferrous Fumarate)	18 mg	100%
Vitamin C (as Ascorbic Acid) Vitamin D ₃ (as Cholecalciferol)	60 mg 25 mcg (1,000	67% IU) 125%	Iodine (as Potassium Iodide) Magnesium (as Magnesium Oxide)	150 mcg 50 mg	129
Vitamin E (as dl-Alpha Tocopheryl Acetati	14 mg	90%	Zinc (as Zinc Oxide) Selenium (as Sodium Selenate)	15 mg 70 mca	1369
Vitamin K (as Phytonadione)	80 mcg	67%	Copper (as Copper Sulfate)	2 mg	2229
Thiamin (as Thiamin Mononitrate)	3 mg	250%	Manganese (as Manganese Sulfate)	2 mg	879
Riboflavin (Vitamin B-2) Niacin (as Niacinamide)	3.4 mg 20 mg	262% 125%	Molybdenum (as Sodium Molybdate)	75 mcg	1679
Vitamin B-6 (as Pyridoxine HCI) Folate	4 mg 667 mcg DFE (400 mcg Folic	235% 167% Acid)	Fruit & Vegetable Biend 100 mg Blueberry, Orange, cont, Pomegrande, Plum, Strawberry, Apple, Beet, Cherry, Pear, Tomato, Caufillower, Raspberry, Açai, Asparagus, Banana, Broccoli, Brussels Sprauts, Sabhage, Cranberry, Cucumber, Grape, Pea, Pineapple, Pumpkin, Spinach.		
Vitamin B-12 (as Cyanocobalamin)	12 mcg	500%			
Biotin (as d-Biotin)	300 mcg	1,000%			
Pantothenic Acid (as d-Calcium Pantothenate)	15 mg	300%	Boron (as Amino Acid Chelate) Lutein	150 mcg 100 mcg	
Calcium (as Calcium Carbonate	500 mg	38%	** Daily Value not establishe	d.	

Other Ingredients: Cellulose, Maltodextrin, Croscarmellose Sodium, Dicalcium Phosphate. Contains <2% of: Alginate, BHA, BHT, Com Flour, Gelatin, Guar Gum, Qum Arabic, Hydroxypropy/ Methylostulose, Magnesium Stearate, Mannitol, Palm Clieft, Pes Starch, Rice Flour, Rice Hull Concentrate, Silicon Dioxide, Starch, Steara Acid, Sucrose, Surflower Lecithin, Vegetable Oil, Vitamin F Oil, Water





