

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.
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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.

21ST CENTURY.

Wellify!

LIVING LIFE WELL

COMPARE VS. ALIVE![®] WOMEN'S ENERGY¹

WOMEN'S ENERGY

MULTIVITAMIN MULTIMINERAL
FOOD-BASED BLEND

DIETARY SUPPLEMENT **65 TABLETS**

gluten free



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)	60 mg 67%	Iodine (as Potassium Iodide)	150 mcg 100%
Vitamin D ₃ (as Cholecalciferol)	25 mcg (1,000 IU) 125%	Magnesium (as Magnesium Oxide)	50 mg 12%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	14 mg 90%	Zinc (as Zinc Oxide)	15 mg 136%
Vitamin K (as Phytonadione)	80 mcg 67%	Selenium (as Sodium Selenate)	70 mcg 127%
Thiamin (as Thiamin Mononitrate)	3 mg 250%	Copper (as Copper Sulfate)	2 mg 222%
Riboflavin (Vitamin B-2)	3.4 mg 262%	Manganese (as Manganese Sulfate)	2 mg 87%
Niacin (as Niacinamide)	20 mg 125%	Molybdenum (as Sodium Molybdate)	75 mcg 167%
Vitamin B-6 (as Pyridoxine HCl)	4 mg 235%	Fruit & Vegetable Blend	100 mg **
Folate	667 mcg DFE 167% (400 mcg Folic Acid)	Blueberry, Orange, Carrot, Pomegranate, Plum, Strawberry, Apple, Beet, Cherry, Pear, Tomato, Cauliflower, Raspberry, Acai, Asparagus, Banana, Broccoli, Brussels Sprouts, Cabbage, Cranberry, Cucumber, Grape, Pea, Pineapple, Pumpkin, Spinach.	
Vitamin B-12 (as Cyanocobalamin)	12 mcg 500%	Boron (as Amino Acid Chelate)	150 mcg **
Biotin (as d-Biotin)	300 mcg 1,000%	Lutein	100 mcg **
Pantothenic Acid (as d-Calcium Pantothenate)	15 mg 300%		
Calcium (as Calcium Carbonate)	500 mg 38%		

** Daily Value not established.

Other Ingredients: Cellulose, Maltodextrin, Croscarmellose Sodium, Dicalcium Phosphate. **Contains <2% of:** Alginate, BHA, BHT, Corn Flour, Gelatin, Guar Gum, Gum Arabic, Hydroxypropyl Methylcellulose, Magnesium Stearate, Mannitol, Palm Olein, Pea Starch, Rice Flour, Rice Hull Concentrate, Silicon Dioxide, Starch, Stearic Acid, Sucrose, Sunflower Lecithin, Vegetable Oil, Vitamin E Oil, Water.

ACTUAL SIZE

