

21ST CENTURY®



Directions: As a dietary supplement, adults take two (2) tablets 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.

Mega Multi For Women



For Health & Lifestyle™

ACTUAL SIZE

MULTIVITAMIN &
MULTIMINERAL SUPPLEMENT

90 TABLETS



Mega Multi for Women includes a full spectrum of antioxidants, vitamins and minerals that support women's health.*

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.

***THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.**

Proudly Manufactured by
21ST Century HealthCare, Inc.
2119 S. Wilson St., Tempe, AZ 85282 USA
21stcenturyvitamins.com
500507-0718N



21ST
CENTURY®



Mega Multi For Women

Supplement Facts

Serving Size 2 Tablets / Servings Per Container 45

Amount Per Serving	% Daily Value
Vitamin A (as Palmitate, 50% as Beta-Carotene)	3,000 mcg 333%
Vitamin C (as Ascorbic Acid)	200 mg 222%
Vitamin D ₃ (as Cholecalciferol)	10 mcg (400 IU) 50%
Vitamin E (as d-alpha Tocopheryl Succinate)	67 mg 447%
Vitamin K (as Phytonadione)	75 mcg 63%
Thiamin (as Thiamin Mononitrate, B-1)	80 mg 6,667%
Riboflavin (Vitamin B-2)	80 mg 6,154%
Niacin (as Nicotinamide)	80 mg 500%
Vitamin B-6 (as Pyridoxine HCl)	80 mg 4,706%
Folate	667 mcg DFE 167% (400 mcg Folic Acid)
Vitamin B-12 (as Cyanocobalamin)	80 mcg 3,333%
Biotin	80 mcg 267%
Pantothenic Acid (as d-Calcium Pantothenate)	80 mg 1,600%
Choline (as Choline Bitartrate)	10 mg 2%
Calcium (as Calcium Carbonate & Dicalcium Phosphate)	500 mg 38%
Iron (as Amino Acid Chelate)	27 mg 150%
Iodine (as Kelp)	150 mcg 100%
Magnesium (as Magnesium Oxide)	200 mg 48%
Zinc (as Zinc Oxide)	15 mg 136%
Selenium (as Amino Acid Chelate)	100 mcg 182%
Copper (as Amino Acid Chelate)	2 mg 222%
Manganese (as Amino Acid Chelate)	5 mg 217%
Chromium (as Amino Acid Chelate)	100 mcg 286%
Molybdenum (as Amino Acid Chelate)	50 mcg 111%
Boron (as Hydrolyzed Protein Chelate)	2 mg **
Silica (as Silicon Dioxide)	2 mcg **
Inositol	20 mcg **
Para-Aminobenzoic Acid	10 mg **
Citrus Bioflavonoids Complex	25 mg **
Bee Pollen Powder	25 mg **
Royal Jelly	5 mg **
Dong Quai (Angelica sinensis) (root)	50 mg **
Lutein	500 mcg **
Red Raspberry (Rubus idaeus) (leaf)	2 mg **

** Daily Value not established.

Other Ingredients: Cellulose, Maltodextrin, Hydroxypropyl Methylcellulose, Stearic Acid, Acid, BHT, D-Alpha Tocopheryl Succinate, Calcium Stearate, Magnesium Stearate, Natural Vanilla Flavor, PEG, Polysorbate, Polyvinyl Alcohol, Silicon Dioxide, Sucrose, Talc, Vegetable Oil, Vitamin E Oil, Water. Contains soy.

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