

21ST CENTURY®



DIETARY SUPPLEMENT

HIGH POTENCY

**50%
FREE**

**45-Day
Supply**

Multivitamin & Multimineral

Mega Multi

For WOMEN

**Compare Active Ingredients To
GNC's Women's Ultra Mega®**

90 ~~60~~ Tablets



21ST Century® ... for a healthier future.
Mega Multi for Women

Supplement Facts

Serving Size: 2 Tablets
Servings Per Container: 45

Amount Per Serving	% DV
Vitamin A (as Palmitate, 50% as Beta Carotene) 10,000 I.U.	200%
Vitamin C (as Ascorbic Acid) 200 mg	333%
Vitamin D (as Cholecalciferol) 400 I.U.	100%
Vitamin E (as d-alpha Tocopheryl Acetate) 100 I.U.	333%
Vitamin K (as Phylloquinone) 75 mcg	94%
Thiamin (Thiamin Mononitrate, B1) 80 mg	5333%
Riboflavin (Vitamin B2) 80 mg	4706%
Niacin (as Niacinamide) 80 mg	400%
Vitamin B6 (as Pyridoxine HCl) 80 mg	4000%
Folic Acid 400 mcg	100%
Vitamin B12 (as Cyanocobalamin) 80 mcg	1333%
Biotin 80 mcg	27%
Pantothenic Acid (as d-Calcium Pantothenate) 80 mg	800%
Calcium (as Calcium Carbonate) 500 mg	50%
Iron (as Hydrolyzed Protein Chelate) 27 mg	150%
Iodine (as Kelp) 150 mcg	100%
Magnesium (as Magnesium Oxide) 200 mg	50%
Zinc (as Zinc Oxide) 15 mg	100%
Selenium (as Hydrolyzed Protein Chelate) 100 mcg	143%
Copper (as Hydrolyzed Protein Chelate) 2 mg	100%
Manganese (as Hydrolyzed Protein Chelate) 5 mg	250%
Chromium (as Hydrolyzed Protein Chelate) 100 mcg	83%
Molybdenum (as Hydrolyzed Protein Chelate) 50 mcg	67%
Boron (as Hydrolyzed Protein Chelate) 2 mg	**
Silica (as Silicon Dioxide) 2 mg	**
Choline (as Choline Bitartrate) 10 mg	**
Inositol 10 mg	**
para-Aminobenzoic Acid 10 mg	**
Citrus Bioflavonoids Complex 25 mg	**
Bee Pollen Powder 25 mg	**
Dong Quai (Angelica sinensis) root 50 mg	**
Lutein 500 mcg	**
Red Raspberry (Rubus idaeus) leaf 2 mg	**

** Daily Value (DV) not established.

Other Ingredients: Stearic Acid, Cellulose, Hydroxypropyl Methylcellulose, Maltodextrin, Silicon Dioxide, Hydroxypropyl Cellulose, Natural Vanilla Flavor, Magnesium Stearate, Ethylcellulose. ©1999