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.

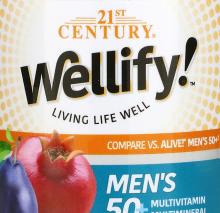
No added Yeast, Artificial Flavors or Colors. Gluten Free.

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Proudly Manufactured by 21st Century Health Care, Inc. 2119 S. Wilson St., Tempe, AZ 85282 USA 21stcenturyvitamins.com 501475-0219N



THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



MULTIMINERAL

FOOD-BASED BLEND

DIETARY SUPPLEMENT

**Supplement Facts** Serving Size 1 Tablet

Amount Per Serving	% Daily	Value	Amount Per Serving	% Daily	Valu
Vitamin A (30% as Beta-Carotene)	1,500 mcg	167%	lodine (as Potassium lodide) Magnesium	150 mcg 100 mg	100
Vitamin C (as Ascorbic Acid)	120 mg	133%	(as Magnesium Oxide)		_
Vitamin D <sub>3</sub> (as Cholecalciferol)	20 mcg (800 IL	0 100%	Zinc (as Zinc Oxide)	26.3 mg	23
Vitamin E (as di-Alpha Tocopheryl Acetat	07	180%	Selenium (as Sodium Selenate)	122.5 mog	22
Vitamin K (as Phytonadione)			Copper (as Copper Sulfate)	2 mg	174
Thiamin (as Thiamin Mononitrate)	80 mcg 4.5 mg	67% 375%	Manganese (as Manganese Sulfate)	4 mg	167
Riboflavin (Vitamin B-2)	3.4 mg	262%	Molybdenum (as Sodium Molybdate)	10 may	
Nacin (as Niacinamide)	30 mg	188%	E. t. O.M. Julia Dland	100 mg	
Vitamin B-6 (as Pyridoxine HCI)	6 mg	353%		negranate, Plum,	
rolate	667 mcg DFE (400 mcg Folio	167% Acid)	Strawberry, Apple, Beet, Cherr Cauliflower, Raspberry, Açai, A	sparagus, Banan bhane Cranbern	12, V.
Vitamin B-12 (as Cyanocobalamin)	100 mcg	4,167%	Broccoli, Brussels Sprous, Ca Cucumber, Grape, Pea, Pinear	pic, i dilipin	ira
Biotin (as d-Biotin)	300 mcg	1,000%	Lycopene	600 meg	_
Partothenic Acid		300%	Lutein	300 mcg	_
(as d-Calcium Pantothenato)	15 mg	300%	Boron (as Amino Acid Chelate)	150 mog	
Calcium (as Calcium Carbonate	)200 mg	15%	** Daily Value not established	1.	_

Other Ingredents: Celludes, Slicon Dioxide, Dicalcium Phosphate, Croscarmellose Sodium, Matoderim, Res HJ Oxnotrate: Contains 42% of: Alginate, BHA, BHT, Com Flour, Com Oil, di-Alpha Tocopherd, Gelari, Gur Gin, Annato, Hydroxypopyl Methylcelluliose, Magnesium Stearate, Mannitol. Palm Olein, Pea Stanth, Rise Riux, Solam Ascorbate, Starch, Stearic Acid, Sucrose, Sunflower Lecithin, Vegetable Oil, Vitamin E OI, Water.

SIZE ACTUAL

