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.

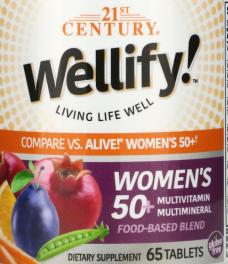
Keep out of reach of children. Do not use if product appears to be tampered with or seal is broken. Store at room temperature.

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

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Proudly Manufactured by 21<sup>st</sup> Century HealthCare, Inc. 2119 S. Wilson St., Tempe, AZ 85282 USA 21stcentury/stamins.com 501476-1119N





## Supplement Facts

Amount Per Serving	% Daily	<b>Value</b>	Amount Per Serving	% Daily	Value
Vitamin A	1,500 mcg	167%	Calcium (as Calcium Carbonate	500 mg	38%
(30% as Beta-Carotene)			lodine (as Potassium lodide)	150 mcg	1009
Vitamin C (as Ascorbic Acid)	90 mg	100%	Magnesium	50 mg	129
Vitamin D <sub>3</sub> (as Cholecalciferol)	25 mcg (1,000	IU) 125%	(as Magnesium Oxide)		
Vitamin E	14 mg	90%	Zinc (as Zinc Oxide)	22.5 mg	2059
as di-Alpha Tocopheryl Aceta	e)	3070	Selenium (as Sodium Selenate)	70 mcg	1279
Vitamin K (as Phytonadione)	80 mcg	67%	Copper (as Copper Sulfate)	2 mg	2229
Thiamin (as Thiamin Mononitrate)	4.5 mg	375%	Manganese (as Manganese Sulfate)	4 mg	1749
Riboflavin (Vitamin B-2)	3.4 mg	262%	Molybdenum (as Sodium Molybdate)	75 mcg 167	1679
Nacin (as Niacinamide)	20 mg	125%			-
Vitamin B-6 (as Pyridoxine HCI)	6 mg	353%	Fruit & Vegetable Blend 100 mg Blueberry, Orange, Carrot, Pomegrande, Punt, Strawberry, Apple, Beet, Chern, Peer, Tomath, Caulifflower, Raspberry, Apai, Asparagus, Barana, Broccoli, Brussels Sprouts, Cabbage, Oranbary, Cucumber, Grape, Pea, Pineapple, Pumplin, Sprach		
Folate	667 mcg DFE (400 mcg Folic	167% Acid)			
Vitamin B-12 (as Cyanocobalamin)	100 mcg	4,167%			
Biotin (as d-Biotin)	300 mcg	1,000%	Boron (as Amino Acid Chelate)	150 mcg	-
Pantothenic Acid (as d-Calcium Pantothenate)	15 mg	300%	Lutein  ** Daily Value not establishe	300 mcg d.	

Oher kgrudents: Celulose, Maltodestrin, Dicalcium Phosphate, Croscarmellose Sodium. Contains 2th dt. Ajrid. M. Brill, Com Ruu, Gelain, Guar Gum, Gum Arabic, Hydroxypropyl Methylcellulose, Magnesium Searta, Hariti. Parin Gen, Fas Sach, Rice Flour, Rica Hull Concentrate, Sillicon Dicoide, Starch, Stearic Acid, Sucres, Surlova Leith, Negatable Ct, Vitamin E. Ol., Water. ACTUAL SIZ

