## 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.

if product appears to be tampered with or seal is broken. Store at room temperature.

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

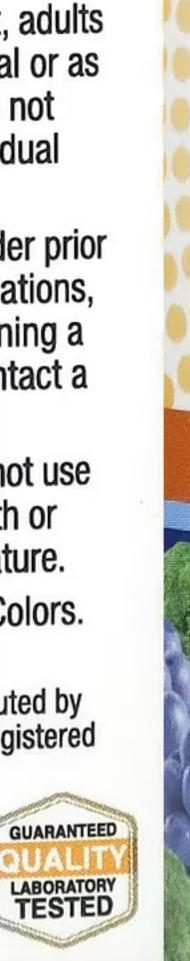
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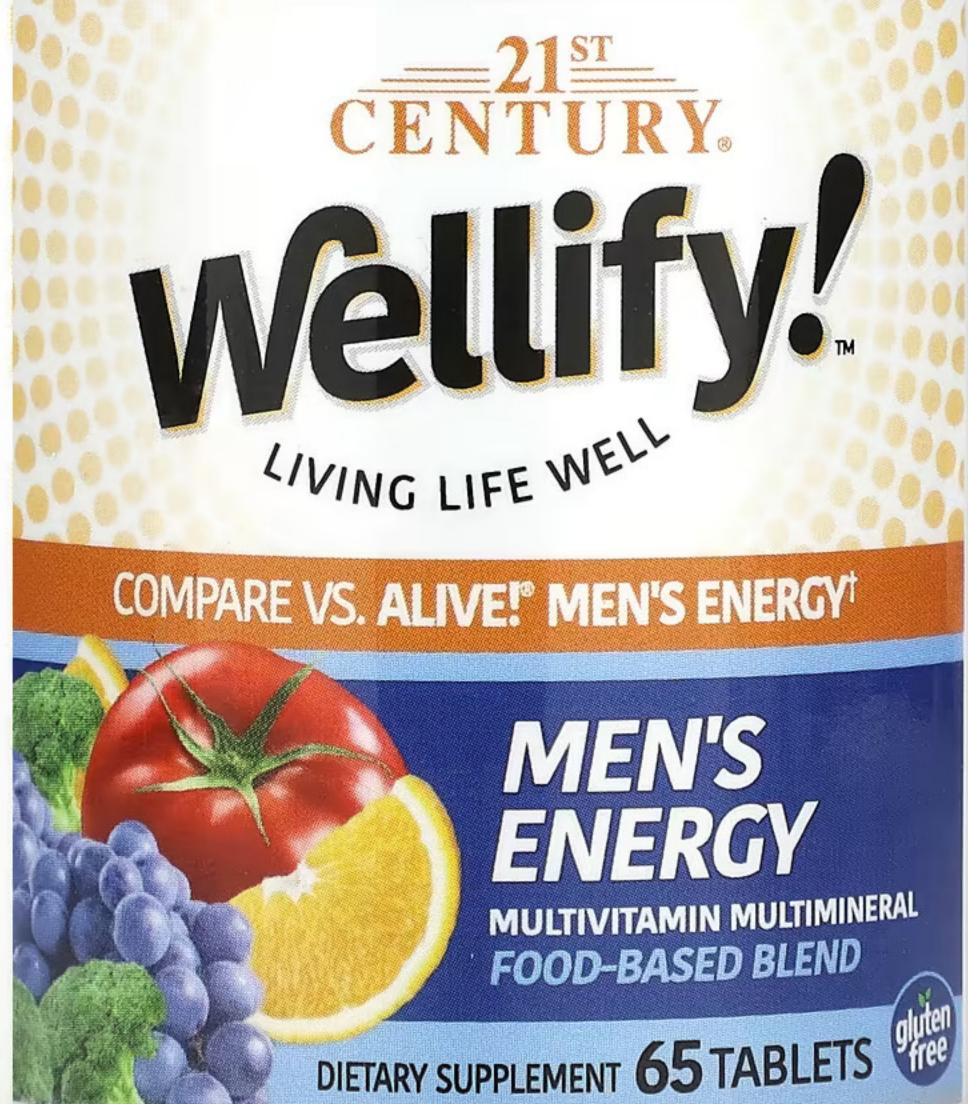
Proudly Manufactured by

21st Century HealthCare, Inc. 2119 S. Wilson St., Tempe, AZ 85282 USA

21stcenturyvitamins.com

501473-0620N





## Supplement Facts

Serving Size 1 Tablet

| Amount Per Serving                              | % Dail  | y Value | <b>Amount Per Serving</b>               | % Daily                   | Value    |
|---|---|---------|---|---------------------------|----------|
| Vitamin A<br>(30% as Beta-Carotene)             | 1,500 mcg   | 167%    | Iodine (as Potassium Iodide)            | 150 mcg                   | 100%     |
| Vitamin C (as Ascorbic Acid)                    | 00  | 4000/   | Magnesium (as Magnesium Oxid            | e) 100 mg                 | 249      |
| Vitamin D. (as ASCOIDIC ACIO)                   | 90 mg   | 100%    | Zinc (as Zinc Oxide)                    | 22.5 mg                   | 205%     |
| Vitamin D <sub>3</sub> (as Cholecalciferol)     | 20 mcg (800 l   | U) 100% | Selenium (as Sodium Selenate)           | 122.5 mcg                 | 223%     |
| Vitamin E<br>(as dl-Alpha Tocopheryl Acetate    | 20.3 mg   | 135%    | Copper (as Copper Sulfate)              | 2 mg                      | 222%     |
| Vitamin K (as Phytonadione)                     | 80 mcg  | 67%     | Manganese<br>(as Manganese Sulfate)     | 2 mg                      | 87%      |
| Thiamin<br>(as Thiamin Mononitrate)             | 3 mg  | 250%    | Molybdenum                              | 75 mcg                    | 167%     |
| Riboflavin (Vitamin B-2)                        | 3.4 mg  | 262%    | (as Sodium Molybdate)                   |                           |          |
| Nacin (as Niacinamide)                          | 30 mg   | 188%    | Fruit & Vegetable Blend                 | 100 mg                    |          |
| Vitamin B-6 (as Pyridoxine HCI)                 | Strawberry, Orange, Carrot, Fornegia late, Instanton of the HCI) 4 mg 235%  Strawberry, Apple, Beet, Cherry, Pear, Tomato, Cauliflower, Raspberry, Açaí, Asparagus, Banana Cauliflower, Raspberry, Cabbage, Cranberry, Cranberry, Change, Carrot, Fornegia late, Instanton of the HCI) 4 mg 235%  Strawberry, Orange, Carrot, Fornegia late, Instanton of the HCI) 4 mg 235%  Strawberry, Apple, Beet, Cherry, Pear, Tomato, Cauliflower, Raspberry, Açaí, Asparagus, Banana (1998) |         |   |                           |          |
| rolate  |   |         |   |                           | 1        |
| Vitamin B-12<br>(as Cyanocobalamin)             | 18 mcg  | 750%    | Cucumber, Grape, Pea, Pineappl Lycopene | e, Pumpkin, op<br>600 mcg | Al Idul. |
| Biotin (as d-Biotin)                            | 300 mcg   | 1,000%  | Boron (as Amino Acid Chelate)           | 150 mcg                   | *        |
| Pantothenic Acid<br>(as d-Calcium Pantothenate) | 15 mg   | 300%    | Lutein                                  | 100 mcg                   | H        |
| Calcium (as Calcium Carbonate                   | )200 mg   | 15%     | ** Daily Value not established.         |                           |          |

Other Ingredients: Cellulose, Dicalcium Phosphate, Maltodextrin, Croscarmellose Sodium, Rice Hull Concentrate, Gelatin. Contains <2% of: Guar Gum, Magnesium Stearate, Palm Olein, Stearic Acid, Sunflower Lecithin.

