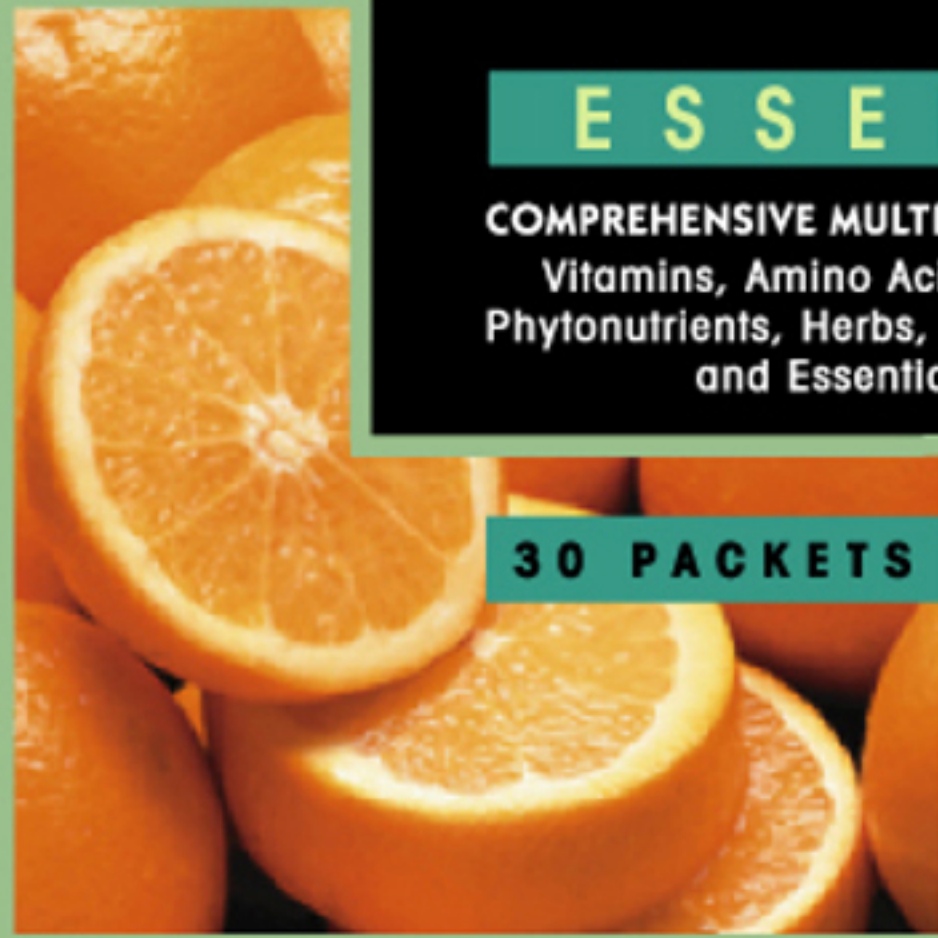







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COMPREHENSIVE MULTI-NUTRIENT SUPPLEMENT

Vitamins, Amino Acid Chelated Minerals,

Phytonutrients, Herbs, Anti-Oxidants, Enzymes

and Essential Fatty Acids.

30 PACKETS

30 DAY SUPPLY

S U P P L E M E N T F A C T S

Serving Size: 1 Packet (4 tablets and 1 gel cap)

	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Vitamin A (as palmitate)	3,600 IU	72%	Chromium (as chromium amino acid chelate **)	120 mcg	100%
Beta Carotene (as natural mixed carotenoids)	7650 IU	†	Molybdenum (as molybdenum amino acid complex)	75 mcg	100%
Vitamin C (as ascorbic acid and citrus bioflavonoid complex)	284 mg	473%	Choline (as choline bitartrate)	9 mg	†
Vitamin D (as cholecalciferol)	210 IU	53%	Inositol (as inositol monophosphate)	15 mg	†
Vitamin E (as d-alpha tocopheryl acid succinate)	205 IU	684%	Boron (as boron amino acid complex**)	50 mcg	†
Thiamin (as B-1 thiamin mononitrate)	6 mg	400%	Vanadium (as vanadium amino acid chelate**)	3.75 mcg	†
Riboflavin (as vitamin B-2)	6 mg	353%	Proprietary Phytonutrient and Enzyme Standardized Blend of:	664.5 mg	
Niacin (as niacinamide)	15 mg	75%	Lecithin, Broccoli (Brassica Oleracea), Cabbage (Brassica Oleracea), Carrot (Daucus Carota), Apple Pectin, Digestive Enzymes (Lipase, Bromelain, Sucrase, Acid Stable Protease, Malt Diastase, Papain, Peptidase, Phytase, Lactase, Alpha Galactosidase, Amyloglucosidase, Protease [aspergillus oryza], Cellulase, Amylase, Protease Neutral), Inulin, Bio Vin Plus [®] Grape Seed Extract (95% Proanthocyanidins), Norwegian Kelp (Ascophyllum Nodosum).		†
Vitamin B-6 (as pyridoxine hydrochloride)	12 mg	600%	Proprietary Herbal Standardized Blend of:	180 mg	
Folic Acid	200 mcg	50%	Ginkgo Biloba, Garlic (odorless), Cayenne Pepper (40,000 H.U.)		†
Vitamin B-12 (as cyanocobalamin)	15 mcg	250%	Essential Fatty Acids (as fish oil)	1 g	
Biotin	150 mcg	50%	EPA 300 mg		†
Pantothenic Acid (as d-calcium pantothenate)	25 mg	250%	DHA 200 mg		†
Calcium (as calcium amino acid chelate **)	236 mg	24%			
Iron (as iron amino acid chelate **)	6.75 mg	38%			
Iodine (as potassium iodide)	150 mcg	100%			
Magnesium (as magnesium amino acid chelate **)	236 mg	59%			
Zinc (as zinc amino acid chelate **)	7.50 mg	50%			
Selenium (as selenium amino acid complex **)	50 mcg	71%			
Copper (as copper amino acid chelate **)	1 mg	50%			
Manganese (as manganese amino acid chelate **)	2 mg	100%			

† Daily Value not established.

Each box of 4 TODAY[®] "Essential" provides you with a 30 day supply of tablets containing the finest nutritional ingredients available. These nutrients help meet your daily energy demands.* 4 TODAY[®] "Essential" may establish an environment for natural cellular rejuvenation and normal regeneration.* 4 TODAY[®] "Essential" forms a strong foundation to fortify the immune system for a healthier body.*

VITAMINS are essential nutrients.* Food may not supply the full amounts of vitamins the body needs each day. Vitamins boost energy.*

AMINO ACID CHELATED MINERALS are produced through a patented technology. Minerals help vitamins do their job. Amino acid chelated minerals may help make vitamins more effective.*

PHYTONUTRIENTS are natural chemicals found in most fruits and vegetables. These phytonutrients are usually found in the least desirable part of the food, for example, skin, stalk, core and seeds. They fortify your immune system.*

Scientists have found that phytonutrients may help maintain normal blood pressure, stimulate regular heart beat, elevate the mood and detoxify blood.* Phytonutrients also help cleanse the liver and improve circulation in body organs.*

HERBS are derived from the plant kingdom and are, historically, the oldest form of natural, traditional medicine. The herbs in this product may help maintain good memory.*

ANTI-OXIDANTS are elements that neutralize free radicals in the body and help detoxify it.* Stress, chemicals, pollution, emotions, diet and physical problems may contribute to free radical formation in the body.

ENZYMES help digest foods, especially protein and dairy.*

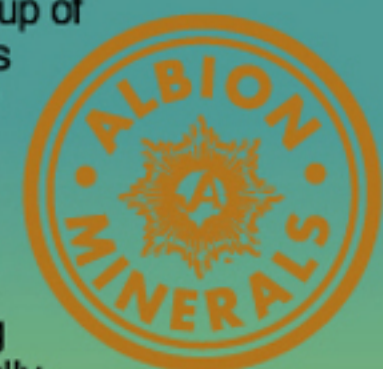
ESSENTIAL FATTY ACIDS (EFA's) are healthy, necessary, "good fats" (Omega-3 and Omega-6) that humans cannot synthesize and must obtain through diet. EFA's support the cardiovascular, reproductive, immune and nervous systems.*

*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.

INSIST ON QUALITY...LIVE THE DIFFERENCE

4 TODAY[®]AWARDED ALBION LABORATORIES' "GOLD MEDALLION[®]"

Albion has 120 active patents & patents pending in the field of mineral chelate technology. 4 Today[®], Inc. is one of a select group of companies worldwide recognized as an Albion Gold Medallion[®] Company. To receive this award, a nutritional supplement must have its entire formula and mineral component pass intense scrutiny from Albion Laboratories. Using Albion minerals does not automatically guarantee this award. The quality of our natural ingredients are the purest and the finest available. Our patented formula (patent #7,153,503) and delivery system is a leader in today's nutritional marketplace.



RECOMMENDED USE
For best results, take **one packet** (4 tablets and 1 gel cap) once a day with food. **2 packets maximum**, for highly active people. Best when not taken on an empty stomach. This product is intended as a complement to healthy eating and exercise.

100% SATISFACTION GUARANTEED
If you are not completely satisfied with this product, return all unused packets within 30 days of purchase with the original sales receipt for a one time refund of purchase price, less S & H. Please allow 2-4 weeks for processing.

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