

**DIRECTIONS:**

Take four capsules daily, two in the morning, and two in the evening or as directed, as a dietary supplement.

**DO NOT USE IF SAFETY SEAL IS BROKEN.**

Keep out of reach of small children. Store at room temperature. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

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.

Formulated and distributed by:  
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H4981201



# Celebrate<sup>®</sup>

 Nutritional Supplements

# Multi-ADEK

Dietary Supplement  
120 Capsules

**Supplement Facts**

Serving Size: 4 Capsules  
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Vitamin A (as retinyl palmitate and 68% as beta-carotene)	25,000 IU	500%
Vitamin C (as ascorbic acid)	180 mg	300%
Vitamin D (as cholecalciferol)	5000 IU	1250%
Vitamin E (as d-alpha-tocopheryl acetate)	300 IU	1000%
Vitamin K (as phytonadione)	650 mcg	813%
Thiamin (as thiamin mononitrate)	12 mg	800%
Riboflavin	12 mg	706%
Niacin (as niacinamide)	40 mg	200%
Vitamin B <sub>6</sub> (as pyridoxine HCl)	12 mg	600%
Folate (as folic acid)	800 mcg	200%
Vitamin B <sub>12</sub> (as methylcobalamin & cyanocobalamin)	1000 mcg	16,667%
Biotin	600 mcg	200%
Pantothenic acid (as D-calcium pantothenate)	20 mg	200%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium citrate and magnesium oxide)	200 mg	50%
Zinc (as zinc amino acid chelate)	45 mg	300%
Selenium (as selenium amino acid chelate)	140 mcg	200%
Copper (as copper citrate)	4.5 mg	225%
Manganese (as manganese amino acid chelate)	2 mg	100%
Chromium (as chromium amino acid chelate)	200 mcg	167%
Molybdenum (as molybdenum amino acid chelate)	75 mcg	100%

Other ingredients: Gelatin, talc, maltodextrin, magnesium stearate, silica, and calcium silicate.