

**DIRECTIONS:**

Take three capsules daily, one in the morning, one at midday, and one 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.

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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# Celebrate<sup>®</sup>

Nutritional Supplements

## Multivitamin

Dietary Supplement  
90 Capsules

**Supplement Facts**

Serving Size: 3 Capsules  
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Vitamin A (as retinyl palmitate and 50% as beta-carotene)	10,000 IU	200%
Vitamin C (as ascorbic acid)	180 mg	300%
Vitamin D (as cholecalciferol)	3,000 IU	750%
Vitamin E (as d-alpha-tocopheryl acetate)	60 IU	200%
Vitamin K (as phytonadione)	120 mcg	150%
Thiamin (as thiamin mononitrate)	12 mg	800%
Riboflavin	12 mg	706%
Niacin (as niacinamide)	40 mg	200%
Vitamin B6 (as pyridoxine HCl)	12 mg	600%
Folate (as folic acid)	800 mcg	200%
Vitamin B12 (as methylcobalamin & cyanocobalamin)	500 mcg	8333%
Biotin	600 mcg	200%
Pantothenic acid (as D-calcium pantothenate)	20 mg	200%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide and 40% magnesium citrate)	100 mg	25%
Zinc (as zinc amino acid chelate)	30 mg	200%
Selenium (as selenium amino acid chelate)	140 mcg	200%
Copper (as copper amino acid chelate)	3 mg	150%
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%

\* Daily value not established.

Other ingredients: gelatin, microcrystalline cellulose, magnesium stearate, silica.