

# 21<sup>ST</sup> CENTURY®



## DIETARY SUPPLEMENT

# One Daily Active

Compare Active Ingredients To  
One-A-Day® Active†

100 Tablets

**DIRECTIONS:** As a dietary supplement, adults take one (1) tablet daily with any meal, or as directed by a health care provider. Do not exceed recommended dosage.

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

Unconditionally guaranteed for purity, freshness and label potency. No Added Sugar, Salt, Yeast, Preservatives, Artificial Flavors.

21<sup>ST</sup> Century HealthCare, Inc.  
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www.21stcenturyvitamins.com



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21st Century's® One Daily Active is a multivitamin that helps neutralize free radicals and is complete with 31 essential vitamins and minerals plus Ginseng.\*

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

**Warning:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

† One-A-Day® Active is a registered trademark of Bayer Corporation, Morristown, NJ 07960



21<sup>ST</sup>  
CENTURY®  
21<sup>ST</sup> Century® ... for a healthier future.  
**One Daily Active**

### Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A (as Retinol & 2% as Beta Carotene)	5,000 I.U. 100%	Magnesium (as Magnesium Oxide)	40 mg 10%
Vitamin C (as Ascorbic Acid)	120 mg 200%	Zinc (as Zinc Oxide)	15 mg 100%
Vitamin D (as Cholecalciferol)	400 I.U. 100%	Selenium (as Sodium Selenate)	45 mcg 84%
Vitamin E (d-alpha Tocopheryl Acetate)	60 I.U. 200%	Copper (as Copper Oxide)	2 mg 100%
Vitamin K (as Phytonadione)	25 mcg 31%	Manganese (as Manganese Sulfate)	2 mg 100%
Thiamin (as Thiamin Mononitrate)	4.5 mg 300%	Chromium (as Chromium Chloride)	100 mcg 83%
Riboflavin	5.1 mg 300%	Molybdenum (as Sodium Molybdate)	25 mcg 33%
Niacin (as Niacinamide)	40 mg 200%	Chloride (as Potassium Chloride)	180 mg 5%
Vitamin B6 (as Pyridoxine HCl)	6 mg 300%	Potassium (as Potassium Chloride)	200 mg 5%
Folic Acid	400 mcg 100%	Nickel (as Nickelous Sulfate)	5 mcg **
Vitamin B12 (as Cyanocobalamin)	18 mcg 300%	Tin (as Stannous Chloride)	10 mcg **
Biotin	40 mcg 13%	Silicon (as Silicon Dioxide)	6 mg **
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg 100%	Vanadium (as Sodium Metavanadate)	10 mcg **
Calcium (as Calcium Phosphate & Carbonate)	110 mg 11%	Boron (as Borates)	150 mcg **
Iron (as Ferrous Fumarate)	9 mg 50%	Ginseng Extract (Panax quinquefolius) root	55 mg **
Phosphorus (as Calcium Phosphate)	48 mg 4%		

\*\* Daily Value (DV) not established.

**Other Ingredients:** Cellulose, Starch, Croscarmellose Sodium, Stearic Acid, Silicon Dioxide, Magnesium Stearate, Titanium Dioxide, Artificial Colors (FD&C Red #40, FD&C Blue #2, FD&C Yellow #5, FD&C Yellow #6). 1205