

21ST CENTURY®



DIETARY SUPPLEMENT

One Daily Adults 50+

**Advanced
Formula**

Compare Active Ingredients
To One-A-Day® 50 Plus†

100 Tablets

DIRECTIONS: As a dietary supplement, adults take one (1) tablet daily with any meal, or as directed by your healthcare 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 Sugar, Salt, Yeast, Preservatives, Artificial Flavors.

21ST Century HealthCare, Inc.
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21st Century's® One Daily Adult's 50+ is a multivitamin that helps neutralize free radicals and is complete with 24 essential vitamins and minerals.*

† One-A-Day® 50 Plus is a registered trademark of Bayer Corporation, Morristown, NJ 07960

* 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.



One Daily Adults 50+

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A (as Acetate & 2% as Beta Carotene)	2500 I.U. 50%	Calcium (as Calcium Carbonate)	120 mg 12%
Vitamin C (as Ascorbic Acid)	120 mg 200%	Iodine (as Potassium Iodide)	150 mcg 100%
Vitamin D (as Cholecalciferol)	400 I.U. 100%	Magnesium (as Magnesium Oxide)	100 mg 25%
Vitamin E (d-alpha Tocopheryl Acetate)	33 I.U. 110%	Zinc (as Zinc Oxide)	22.5 mg 150%
Vitamin K (as Phytonadione)	20 mcg 25%	Selenium (as Sodium Selenate)	106 mcg 150%
Thiamin (as Thiamin Mononitrate)	4.5 mg 300%	Copper (as Copper Sulfate)	2 mg 100%
Riboflavin	3.4 mg 200%	Manganese (as Manganese Sulfate)	4 mg 200%
Niacin (as Niacinamide)	20 mg 100%	Chromium (as Chromium Chloride)	180 mcg 150%
Vitamin B6 (as Pyridoxine HCl)	6 mg 300%	Molybdenum (as Sodium Molybdate)	90 mcg 120%
Folic Acid	400 mcg 100%	Chloride (as Potassium Chloride)	34 mg 1%
Vitamin B12 (as Cyanocobalamin)	25 mcg 417%	Potassium (as Potassium Chloride)	40 mg 1%
Biotin	30 mcg 10%		
Pantothenic Acid (as d-Calcium Pantothenate)	15 mg 150%		

Other Ingredients: Di Calcium Phosphate, Starch, Stearic Acid, Cellulose, Croscarmellose Sodium, Silicon Dioxide, Titanium Dioxide, Magnesium Stearate, Artificial Colors (FD&C Yellow #5, FD&C Yellow #6). 0807