

21ST CENTURY®



DIETARY SUPPLEMENT

**SUPPORT FOR
ALL-DAY
ENERGY***

One Daily Energy

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

75 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.

WARNING: For adult use only • Keep out of reach of children. This product contains about as much caffeine as one cup of coffee and may cause adverse reaction in those with a health condition or sensitivity that may be aggravated by caffeine. Do not use if you are pregnant or nursing. 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, Yeast, Preservatives or Artificial Flavors.

Manufactured in an FDA inspected facility.

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21ST Century's® One Daily Energy is a complete multivitamin formulated with more energy essential B-vitamins and a prolonged release Guarana blend to support all-day energy for the body and the mind.*

* 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® All-Day Energy is a registered trademark of Bayer Healthcare, LLC, Morristown, NJ 07962



One Daily Energy

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	% DV
Vitamin A (as Acetate & 40% as Beta Carotene)	1,500 I.U. 70%
Vitamin C (as Ascorbic Acid)	60 mg 100%
Vitamin D (as Cholecalciferol)	400 I.U. 100%
Vitamin E (d-alpha Tocopheryl Acetate)	30 I.U. 100%
Vitamin K (as Phytonadione)	25 mcg 31%
Thiamin (as Thiamin Mononitrate)	3 mg 200%
Riboflavin	3.4 mg 200%
Niacin (as Nicotinamide)	40 mg 200%
Vitamin B6 (as Pyridoxine HCl)	4 mg 200%
Folic Acid	400 mcg 100%
Vitamin B12 (as Cyanocobalamin)	12 mcg 200%
Biotin	300 mcg 100%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg 100%
Calcium (as Calcium Carbonate)	250 mg 25%
Iron (as Ferrous Fumarate)	9 mg 50%
Iodine (as Potassium Iodide)	150 mcg 100%

Amount Per Serving	% DV
Magnesium (as Magnesium Oxide)	40 mg 10%
Zinc (as Zinc Oxide)	15 mg 100%
Selenium (as Sodium Selenate)	45 mcg 64%
Copper (as Copper Oxide)	2 mg 100%
Manganese (as Manganese Sulfate)	2 mg 100%
Chromium (as Chromium Chloride)	100 mcg 83%
Molybdenum (as Sodium Molybdate)	25 mcg 33%
Chloride (as Potassium Chloride)	90 mg 3%
Potassium (as Potassium Chloride)	99 mg 3%
Nickel (as Nickel Sulfate)	5 mcg **
Tin (as Stannous Chloride)	10 mcg **
Silicon (as Silicon Dioxide)	5 mg **
Vanadium (as Sodium Metavanadate)	10 mcg **
Boron (as Sodium borate)	150 mcg **
Prolonged Release Guarana Blend (Guarana Powder (seed), Caffeine)	200 mg **

** Daily Value (DV) not established.

Other Ingredients: Cellulose, Starch, Stearic Acid, Croscarmellose Sodium, Silicon Dioxide, Titanium Dioxide, Magnesium Stearate, Polyvinylpyrrolidone, Artificial Colors (FD&C Yellow #5, FD&C Blue #1).

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