

21ST
CENTURY®



DIETARY SUPPLEMENT

One Daily Essential

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

100 Tablets

DIRECTIONS: As a dietary supplement, adults take one (1) tablet daily with any meal, or as directed by a health care provider.

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

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

21ST Century HealthCare, Inc.
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www.21stcenturyvitamins.com



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Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving		% DV
Vitamin A	5,000 I.U.	100%
<small>(as Acetate and 50% as Beta Carotene)</small>		
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%
Thiamin (as Thiamin Mononitrate)	1.5 mg	100%
Riboflavin (Vitamin B-2)	1.7 mg	100%
Niacin (as Niacinamide)	20 mg	100%
Vitamin B6 (as Pyridoxine HCl)	2 mg	100%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	6 mcg	100%
Pantothenic Acid (as Calcium Pantothenate)	10 mg	100%
Calcium (as Calcium Carbonate)	75 mg	7%

Percent Daily Value (DV).

Other Ingredients: Dicalcium Phosphate, Cellulose, Starch, Croscarmellose Sodium, Silicon Dioxide, Stearic Acid, Magnesium Stearate, Artificial Colors (FD&C Red #40, FD&C Blue #2).

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21ST Century® ... for a healthier future.

One Daily Essential

21st Century's® One Daily Essential is a multivitamin that helps neutralize free radicals and helps iron get absorbed in the body.* 0206

*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-A-Day® Essential is a registered trademark of Bayer Corporation, Morristown, NJ 07960

