

# 21<sup>ST</sup> CENTURY<sup>®</sup>



## DIETARY SUPPLEMENT

# One Daily Maximum

**Updated  
Formula**

Compare Active Ingredients To  
One-A-Day<sup>®</sup> Maximum<sup>†</sup>

### 100 Tablets

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

**21<sup>ST</sup> Century HealthCare, Inc.**  
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21st Century's<sup>®</sup> One Daily Maximum is a multivitamin that helps neutralize free radicals and is complete with 31 essential vitamins and minerals.\*

*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.*

\* 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<sup>®</sup> Maximum is a registered trademark of Bayer Corporation, Morrisstown, NJ 07960



# One Daily Maximum

## Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A (as Acetate & 20% as Beta Carotene) 2,500 I.U.	50%	Magnesium (as Magnesium Oxide) 100 mg	25%
Vitamin C (as Ascorbic Acid) 60 mg	100%	Zinc (as Zinc Oxide) 15 mg	100%
Vitamin D (as Cholecalciferol) 400 I.U.	100%	Selenium (as Sodium Selenate) 20 mcg	29%
Vitamin E (d-alpha Tocopheryl Acetate) 30 I.U.	100%	Copper (as Copper Sulfate) 2 mg	100%
Vitamin K (as Phyttonadione) 25 mcg	31%	Manganese (as Manganese Sulfate) 3.5 mg	175%
Thiamin (as Thiamin Mononitrate) 1.5 mg	100%	Chromium (as Chromium Chloride) 65 mcg	54%
Riboflavin 1.7 mg	100%	Molybdenum (as Sodium Molybdate) 160 mcg	213%
Niacin (as Niacinamide) 20 mg	100%	Chloride (as Potassium Chloride) 72 mg	2%
Vitamin B6 (as Pyridoxine HCl) 2 mg	100%	Potassium (as Potassium Chloride) 80 mg	2%
Folic Acid 400 mcg	100%		
Vitamin B12 (as Cyanocobalamin) 6 mcg	100%	Boron (as Borates) 150 mcg	**
Biotin 30 mcg	10%	Tin (as Stannous Chloride) 10 mcg	**
Pantothenic Acid (as D-Calcium Pantothenate) 10 mg	100%	Nickel (as Nickelous Sulfate) 5 mcg	**
Calcium (as Calcium Phosphate & Carbonate) 162 mg	16%	Silicon (as Silicon Dioxide) 2 mg	**
Iron (as Ferrous Fumarate) 18 mg	100%	Vanadium (as Sodium Metavanadate) 10 mcg	**
Phosphorus (as Calcium Phosphate) 109 mg	11%		
Iodine (as Potassium Iodide) 150 mcg	100%		

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

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

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