

21ST
CENTURY®



DIETARY SUPPLEMENT

WITH
LYCOPENE

One Daily Men's Health

Compare Active Ingredients To
One-A-Day® Men's Health Formula†

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 Added Sugar, Yeast, Preservatives or Artificial Flavors.

21ST Century HealthCare, Inc.
2119 S. Wilson Street, Tempe, AZ 85282 USA
www.21stcenturyvitamins.com



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21st Century's® One Daily Men's Health is a multivitamin formulated with the essential vitamins and minerals with a focus on supporting heart and prostate health in men.*

* 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® Men's Health Formula is a registered trademark of Bayer Healthcare, LLC. Morristown, NJ 07962



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

One Daily Men's Health

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A (as Acetate 11% as Beta Carotene)	3500 I.U. 70%	Pantothenic Acid (as d-Calcium Pantothenate)	5 mg 50%
Vitamin C (as Ascorbic Acid)	90 mg 150%	Calcium (as Calcium Carbonate)	210 mg 21%
Vitamin D (as Cholecalciferol)	400 I.U. 100%	Magnesium (as Magnesium Oxide)	120 mg 30%
Vitamin E (d-alpha Tocopheryl Acetate)	45 I.U. 150%	Zinc (as Zinc Oxide)	15 mg 100%
Vitamin K (as Phytonadione)	20 mcg 25%	Selenium (as Sodium Selenate)	105 mcg 150%
Thiamin (as Thiamin Mononitrate)	1.2 mg 80%	Copper (as Copper Oxide)	2 mg 100%
Riboflavin	1.7 mg 100%	Manganese (as Manganese Sulfate)	2 mg 100%
Niacin (as Niacinamide)	16 mg 80%	Chromium (as Chromium Chloride)	120 mcg 100%
Vitamin B6 (as Pyridoxine HCl)	3 mg 150%	Potassium (as Potassium Chloride)	100 mg 3%
Folic Acid	400 mcg 100%	Lycopene	600 mcg **
Vitamin B12 (as Cyanocobalamin)	18 mcg 300%		
Biotin	30 mcg 10%		

** Daily Value (DV) not established.

Other Ingredients: Starch, Cellulose, Stearic Acid, Croscarmellose Sodium, Silicon Dioxide, Magnesium Stearate.

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