

21ST CENTURY®



DIETARY SUPPLEMENT

EPHEDRA FREE

One Daily Weight Control

Now More
EGCG

Compare Active Ingredients
To One-A-Day® Weight Smart

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 Added Sugar, Salt, Yeast, Preservatives, Artificial Flavors.

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1007

21st Century's® One Daily Weight Control is the **Ephedra Free** choice to supplement a balanced diet and exercise program to help you control your weight.*

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® Weight Smart is a registered trademark of Bayer Corporation, Morristown, NJ 07960



One Daily Weight Control

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A (100% as Beta Carotene) 2,500 I.U.	50%	Calcium (as Calcium Carbonate) 300 mg	30%
Vitamin C (as Ascorbic Acid) 60 mg	100%	Iron (as Ferrous Fumarate) 18 mg	100%
Vitamin D (as Cholecalciferol) 400 I.U.	100%	Magnesium (as Magnesium Oxide) 50 mg	12%
Vitamin E (d-alpha Tocopheryl Acetate) 30 I.U.	100%	Zinc (as Zinc Oxide) 15 mg	100%
Vitamin K (as Phytanadione) 80 mcg	100%	Selenium (as Sodium Selenate) 70 mcg	100%
Thiamin (as Thiamin Mononitrate) 1.9 mg	127%	Copper (as Copper Sulfate) 2 mg	100%
Riboflavin 2.125 mg	125%	Manganese (as Manganese Sulfate) 2 mg	100%
Niacin (as Niacinamide) 25 mg	125%	Chromium (as Chromium Chloride) 200 mcg	167%
Vitamin B6 (as Pyridoxine HCl) 2.5 mg	125%	EGCG (from Green Tea Extract Camellia sinensis leaf) 32 mg	**
Folic Acid 400 mcg	100%		
Vitamin B12 (as Cyanocobalamin) 7.5 mcg	125%		
Pantothenic Acid (as d-Calcium Pantothenate) 12.5 mg	125%		

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

** Daily Value (DV) not established.

1007