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21ST
CENTURY[®]



**ONE
DAILY**

MULTIVITAMIN
MULTIMINERAL
SUPPLEMENT

Essential

Compare VS.
ONE A DAY[®] ESSENTIAL[†]

100
TABLETS

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value	
Vitamin A (as Acetate and 17% as Beta-Carotene)	900 mcg	100%
Vitamin C (as Ascorbic Acid)	60 mg	67%
Vitamin D ₃ (as Cholecalciferol)	10 mcg (400 IU)	50%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	14 mg	90%
Thiamin (as Thiamin Mononitrate, B-1)	1.5 mg	125%
Riboflavin (Vitamin B-2)	1.7 mg	131%
Niacin (as Niacinamide)	20 mg	125%
Vitamin B-6 (as Pyridoxine HCl)	2 mg	118%
Folate	667 mcg DFE (400 mcg Folic Acid)	167%
Vitamin B-12 (as Cyanocobalamin)	6 mcg	250%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	200%
Calcium (as Calcium Carbonate & Dicalcium Phosphate)	93 mg	7%

Other Ingredients: Cellulose, Starch, Stearic Acid, Gelatin, Croscarmellose Sodium. **Contains <2% of:** Artificial Colors (FD&C Blue #2 Carmine, FD&C Red #40), Ascorbyl Palmitate, BHA, BHT, dl-Alpha Tocopherol, Gum Arabic, Hydroxypropyl Methylcellulose, Magnesium Stearate, Maltodextrin, PEG, Polyvinyl Alcohol, Silicon Dioxide, Sodium Aluminosilicate, Sucrose, Talc, Titanium Dioxide, Vegetable Oil, Water.

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. Individual results may vary.

Warning: Consult a healthcare provider prior to use if pregnant, nursing, on medications, have a medical condition or are planning a medical procedure. Stop use and contact a physician if adverse reactions occur.

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

[†]One A Day[®] is a registered trademark of Bayer Corporation, Morristown, NJ 07960

No added Yeast or
Artificial Flavors.
Gluten Free.



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