

21ST
CENTURY[®]



**ONE
DAILY**

MULTIVITAMIN
MULTIMINERAL
SUPPLEMENT

Women's

Compare VS.

ONE A DAY[®] WOMEN'S[†]

100
TABLETS

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A 750 mcg (as Acetate and 20% as Beta-Carotene)	83%	Biotin (as d-Biotin) 300 mcg	1,000%
Vitamin C (as Ascorbic Acid) 60 mg	67%	Pantothenic Acid 10 mg (as d-Calcium Pantothenate)	200%
Vitamin D ₃ 25 mcg (as Cholecalciferol) (1,000 IU)	125%	Calcium 510 mg (as Calcium Carbonate & Dicalcium Phosphate)	39%
Vitamin E 10 mg (as dl-Alpha Tocopheryl Acetate)	68%	Iron (as Ferrous Fumarate) 18 mg	100%
Vitamin K (as Phytanadione) 25 mcg	21%	Iodine (as Potassium Iodide) 150 mcg	100%
Thiamin 1.5 mg (as Thiamin Mononitrate, B-1)	125%	Zinc (as Zinc Oxide) 15 mg	136%
Riboflavin (Vitamin B-2) 1.7 mg	131%	Selenium 20 mcg (as Sodium Selenate)	36%
Niacin (as Niacinamide) 20 mg	125%	Copper (as Copper Sulfate) 2 mg	222%
Vitamin B-6 (as Pyridoxine HCl) 2 mg	118%	Manganese 2 mg (as Manganese Sulfate)	87%
Folate 667 mcg DFE (400 mcg Folic Acid)	167%	Chromium 120 mcg (as Chromium Chloride)	343%
Vitamin B-12 6 mcg (as Cyanocobalamin)	250%		

Other Ingredients: Maltodextrin, Cellulose. **Contains <2% of:** Artificial Colors (FD&C Blue #2 Carmine, FD&C Yellow #5, FD&C Yellow #6), Ascorbyl Palmitate, BHA, BHT, Croscarmellose Sodium, dl-Alpha Tocopherol, Gelatin, Gum Arabic, Hydroxypropyl Methylcellulose, Magnesium Oxide, Magnesium Stearate, Mannitol, PEG, Polyvinyl Alcohol, Silicon Dioxide, Starch, Stearic Acid, 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.

No added Yeast or Artificial Flavors.

Gluten Free.

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

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.

Proudly Manufactured by

21ST Century HealthCare, Inc.

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ACTUAL SIZE

