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21ST
CENTURY®



ONE DAILY

MULTIVITAMIN
MULTIMINERAL
SUPPLEMENT

Women's 50+

Compare VS.

ONE A DAY® WOMEN'S 50+
HEALTHY ADVANTAGE†

100
TABLETS

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (20% as Beta-Carotene)	1,050 mcg 117%	Pantothenic Acid (as d-Calcium Pantothenate)	15 mg 300%
Vitamin C (as Ascorbic Acid)	120 mg 133%	Calcium (as Calcium Carbonate and Dicalcium Phosphate)	500 mg 38%
Vitamin D ₃ (as Cholecalciferol)	25 mcg (1,000 IU) 125%	Iodine (as Potassium Iodide)	150 mcg 100%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	13.5 mg 90%	Magnesium (as Magnesium Oxide)	50 mg 12%
Vitamin K (as Phytonadione)	20 mcg 17%	Zinc (as Zinc Oxide)	24 mg 218%
Thiamin (as Thiamin Mononitrate, B-1)	4.5 mg 375%	Selenium (as Sodium Selenate)	27 mcg 49%
Riboflavin (Vitamin B-2)	3.4 mg 262%	Copper (as Copper Sulfate)	2.2 mg 244%
Niacin (as Niacinamide)	20 mg 125%	Manganese (as Manganese Sulfate)	4.2 mg 183%
Vitamin B-6 (as Pyridoxine HCl)	6 mg 353%	Chromium (as Chromium Chloride)	180 mcg 514%
Folate (400 mcg Folic Acid)	667 mcg DFE 167%	Molybdenum (as Sodium Molybdate)	90 mcg 200%
Vitamin B-12 (as Cyanocobalamin)	25 mcg 1,042%		
Biotin	30 mcg 100%		

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

Proudly Manufactured by
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501065-0319N

ACTUAL SIZE

