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EASY TO
SWALLOW
TABLETS21ST
CENTURY®**ONE
DAILY**MULTIVITAMIN
SUPPLEMENT**Essential**Compare Active Ingredients to
ONE A DAY® ESSENTIAL†**100
TABLETS****Supplement Facts**

Serving Size: 1 Tablet

Amount Per Serving		% DV
Vitamin A	3,000 I.U.	60%
(as Acetate and 17% as Beta Carotene)		
Vitamin C (as Ascorbic Acid)	60 mg	100%
Vitamin D (as Cholecalciferol)	400 I.U.	100%
Vitamin E (dl-Alpha Tocopheryl Acetate)	30 I.U.	100%
Thiamin (as Thiamin Mononitrate)	1.5 mg	100%
Riboflavin (Vitamin B-2)	1.7 mg	100%
Niacin (as Niacinamide)	20 mg	100%
Vitamin B-6 (as Pyridoxine HCl)	2 mg	100%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	6 mcg	100%
Pantothenic Acid	10 mg	100%
(as d-Calcium Pantothenate)		
Calcium (as Calcium Carbonate)	45 mg	5%
Percent Daily Value (DV).		

Other Ingredients: DiCalcium Phosphate, Cellulose, Starch, Stearic Acid, Croscarmellose Sodium, Silicon Dioxide, Polydextrose, Magnesium Stearate, Artificial Colors (FD&C Red #40, FD&C Blue #2).

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.

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 Sugar, Yeast, Preservatives or Artificial Flavors.

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

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