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21ST
CENTURY®

UPDATED
FORMULA

ONE
DAILY

MULTIVITAMIN
MULTIMINERAL
SUPPLEMENT

Maximum

Compare Active Ingredients To
ONE-A-DAY® MAXIMUM†

100
TABLETS

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A (as Acetate & 20% as Beta Carotene)	2,500 I.U. 50%	Magnesium (as Magnesium Oxide)	100 mg 25%
Vitamin C (as Ascorbic Acid)	60 mg 100%	Zinc (as Zinc Oxide)	15 mg 100%
Vitamin D (as Cholecalciferol)	400 I.U. 100%	Selenium (as Sodium Selenate)	20 mcg 29%
Vitamin E (d-alpha Tocopheryl Acetate)	30 I.U. 100%	Copper (as Copper Sulfate)	2 mg 100%
Vitamin K (as Phytonadione)	25 mcg 31%	Manganese (as Manganese Sulfate)	3.5 mg 175%
Thiamin (as Thiamin Mononitrate)	1.5 mg 100%	Chromium (as Chromium Chloride)	65 mcg 54%
Riboflavin	1.7 mg 100%	Molybdenum (as Sodium Molybdate)	160 mcg 213%
Niacin (as Niacinamide)	20 mg 100%	Chloride (as Potassium Chloride)	72 mg 2%
Vitamin B6 (as Pyridoxine HCl)	2 mg 100%	Potassium (as Potassium Chloride)	80 mg 2%
Folic Acid	400 mcg 100%		
Vitamin B12 (as Cyanocobalamin)	6 mcg 100%	Boron (as Borates)	150 mcg **
Biotin	30 mcg 10%	Tin (as Stannous Chloride)	10 mcg **
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg 100%	Nickel (as Nickelous Sulfate)	5 mcg **
Calcium (as Calcium Phosphate & Carbonate)	162 mg 16%	Silicon (as Silicon Dioxide)	2 mg **
Iron (as Ferrous Fumarate)	18 mg 100%	Vanadium (as Sodium Metavanadate)	10 mcg **
Phosphorus (as Calcium Phosphate)	109 mg 11%		
Iodine (as Potassium Iodide)	150 mcg 100%		

** Daily Value (DV) not established.

Other Ingredients: Cellulose, Stearic Acid, Croscarmellose Sodium, Silicon Dioxide, Titanium Dioxide, Starch, 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.

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, Yeast, Preservatives or Artificial Flavors.

† One-A-Day® Maximum 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.

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