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21<sup>ST</sup>  
CENTURY®

**ONE  
DAILY**

MULTIVITAMIN  
MULTIMINERAL  
SUPPLEMENT

**Men's 50+**

Compare Active Ingredients to  
**ONE A DAY® MEN'S 50+  
HEALTHY ADVANTAGE†**

**100  
TABLETS**

### Supplement Facts

Serving Size: 1 Tablet

| Amount Per Serving                                 | % DV         | Amount Per Serving                              | % DV         |
|----------------------------------------------------|--------------|-------------------------------------------------|--------------|
| Vitamin A<br>(as Acetate and 20% as Beta Carotene) | 3,500 IU 70% | Pantothenic Acid<br>(as d-Calcium Pantothenate) | 15 mg 150%   |
| Vitamin C (as Ascorbic Acid)                       | 120 mg 200%  | Calcium (as Calcium Carbonate)                  | 120 mg 12%   |
| Vitamin D <sub>3</sub> (as Cholecalciferol)        | 700 IU 175%  | Iodine (as Potassium Iodide)                    | 150 mcg 100% |
| Vitamin E<br>(dl-Alpha Tocopheryl Acetate)         | 25.5 IU 85%  | Magnesium (as Magnesium Oxide)                  | 110 mg 28%   |
| Vitamin K (as Phytonadione)                        | 20 mcg 25%   | Zinc (as Zinc Oxide)                            | 24 mg 160%   |
| Thiamin (as Thiamin Mononitrate)                   | 4.5 mg 300%  | Selenium (as Sodium Selenate)                   | 117 mcg 167% |
| Riboflavin (Vitamin B-2)                           | 3.4 mg 200%  | Copper (as Copper Sulfate)                      | 2.2 mg 110%  |
| Niacin (as Niacinamide)                            | 20 mg 100%   | Manganese (as Manganese Sulfate)                | 4.2 mg 210%  |
| Vitamin B-6 (as Pyridoxine HCl)                    | 6 mg 300%    | Chromium (as Chromium Chloride)                 | 180 mcg 150% |
| Folic Acid                                         | 400 mcg 100% | Molybdenum<br>(as Sodium Molybdate)             | 90 mcg 120%  |
| Vitamin B-12 (as Cyanocobalamin)                   | 25 mcg 417%  | Lycopene                                        | 370 mcg *    |
| Biotin                                             | 30 mcg 10%   | *Percent Daily Value (DV) not established.      |              |

Other Ingredients: Cellulose, Starch, Stearic Acid, Croscarmellose Sodium, Silicon Dioxide, Titanium Dioxide, Magnesium Stearate, Polyvinyl Alcohol, PEG, Talc, Artificial Color (FD&C Blue#1) Polysorbate.

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

**Suggested Use:** 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 Sugar, Yeast, Preservatives or Artificial Flavors.



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2119 S. Wilson Street, Tempe, AZ 85282 USA  
www.21stcenturyvitamins.com 501086-1114