

21ST
CENTURY[®]



WITH
LYCOPENE

ONE
DAILY[™]

MULTIVITAMIN
MULTIMINERAL
SUPPLEMENT

Men's Health

COMPARE VS.
ONE A DAY[®] MEN'S HEALTH[†]

100
TABLETS

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as Acetate & 14% as Beta Carotene)	3,500 IU 70%	Biotin (as d-Biotin)	75 mcg 25%
Vitamin C (as Ascorbic Acid)	60 mg 100%	Pantothenic Acid (as d-Calcium Pantothenate)	16 mg 160%
Vitamin D ₃ (as Cholecalciferol)	700 IU 175%	Calcium (as Calcium Carbonate & Dicalcium Phosphate)	213 mg 22%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	22.5 IU 75%	Magnesium (as Magnesium Oxide)	140 mg 35%
Vitamin K (as Phytonadione)	20 mcg 25%	Zinc (as Zinc Oxide)	15 mg 100%
Thiamin (as Thiamin Mononitrate)	1.35 mg 90%	Selenium (as Sodium Selenate)	110 mcg 157%
Riboflavin (Vitamin B-2)	1.7 mg 100%	Copper (as Copper Oxide)	2 mg 100%
Niacin (as Niacinamide)	18 mg 90%	Manganese (as Manganese Sulfate)	2 mg 100%
Vitamin B-6 (as Pyridoxine HCl)	3 mg 150%	Chromium (as Chromium Chloride)	120 mcg 100%
Folic Acid	400 mcg 100%	Lycopene	300 mcg **
Vitamin B-12 (as Cyanocobalamin)	18 mcg 300%		

** Daily Value not established.

Other Ingredients: Cellulose, Stearic Acid, Starch, Silicon Dioxide. **Contains <2% of:** Ascorbyl Palmitate, BHA, BHT, Corn Oil, Croscarmellose Sodium, dl-Alpha Tocopherol, Gelatin, Gum Arabic, Hydroxypropyl Methylcellulose, Magnesium Stearate, Maltodextrin, Mannitol, PEG, Polysorbate, Polyvinyl Alcohol, Sodium Ascorbate, Sucrose, Talc, Vegetable Oil, Water.

Directions: As a dietary supplement, adults take one (1) tablet daily with any meal or as directed by a 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
21ST Century HealthCare, Inc.
2119 S. Wilson St., Tempe, AZ 85282 USA
21stcenturyvitamins.com
501296-0517

