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21ST
CENTURY®

ONE
DAILY

MULTIVITAMIN
MULTIMINERAL
SUPPLEMENT

Women's 50+

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

100
TABLETS

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A (20% as Beta Carotene)	3,500 IU 70%	Pantothenic Acid (as d-Calcium Pantothenate)	15 mg 150%
Vitamin C (as Ascorbic Acid)	120 mg 200%	Calcium (as Calcium Carbonate)	500 mg 50%
Vitamin D (as Cholecalciferol)	1,000 IU 250%	Iodine (as Potassium Iodide)	150 mcg 100%
Vitamin E (dl-alpha Tocopheryl Acetate)	30 IU 100%	Magnesium (as Magnesium Oxide)	50 mg 13%
Vitamin K (as Phytonadione)	20 mcg 25%	Zinc (as Zinc Oxide)	24 mg 160%
Thiamin (as Thiamin Mononitrate, B1)	4.5 mg 300%	Selenium (as Sodium Selenate)	27 mcg 39%
Riboflavin (Vitamin B2)	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 B6 (as Pyridoxine HCl)	6 mg 300%	Chromium (as Chromium Chloride)	180 mcg 150%
Folic Acid	400 mcg 100%	Molybdenum (as Sodium Molybdate)	90 mcg 120%
Vitamin B12 (as Cyanocobalamin)	25 mcg 417%	Percent Daily Value (DV).	
Biotin	30 mcg 10%		

Other Ingredients: Starch, Croscarmellose Sodium, Polyvinyl Alcohol, Stearic Acid, Cellulose, Titanium Dioxide, PEG, Silicon Dioxide, Talc, Magnesium Stearate, Artificial Color (FD&C Yellow #6).

†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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