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21ST
CENTURY.gluten
free**ONE
DAILY**MULTIVITAMIN
MULTIMINERAL
SUPPLEMENT**Energy**Compare VS.
ONE A DAY® ENERGY†75
TABLETS**Supplement Facts**

Serving Size 1 Tablet

Amount Per Serving	% Daily Value
Vitamin A (as Acetate & 40% Beta-Carotene)	1,050 mcg 117%
Vitamin C (as Ascorbic Acid)	60 mg 67%
Vitamin D ₃ (as Cholecalciferol)	10 mcg (400 IU) 50%
Vitamin E (as d-Alpha Tocopheryl Acetate)	10 mg 68%
Vitamin K (as Phytonadione)	25 mcg 21%
Thiamin (as Thiamin Mononitrate, B-1)	3 mg 250%
Riboflavin (Vitamin B-2)	3.4 mg 262%
Niacin (as Nicotinamide)	40 mg 250%
Vitamin B-6 (as Pyridoxine HCl)	4 mg 235%
Folate (400 mcg Folic Acid)	667 mcg DFE 167%
Vitamin B-12 (as Cyanocobalamin)	12 mcg 500%
Biotin	300 mcg 1,000%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg 200%
Calcium (as Calcium Carbonate & Dicalcium Phosphate)	250 mg 19%

Other Ingredients: Cellulose, Maltodextrin, Starch, Croscarmellose Sodium, Hydroxypropyl Methylcellulose. Contains 2% of Artificial Colors (FD&C Blue #1, FD&C Yellow #5), Ascorbyl Palmitate, BHA, BHT, Caramel, dl-Alpha Tocopherol, Gellan, Gum Arabic, Magnesium Silicate, Magnesium Stearate, Mannitol, PEG, Polydextrose, Polysorbate, Polyvinyl Alcohol, Polyvinyl Pyrrolidone, Sodium Aluminosilicate, Stearic Acid, Sucrose, Titanium Dioxide, Triacetin, Vegetable Oil, Water.

Amount Per Serving	% Daily Value
Iron (as Ferrous Fumarate)	9 mg 50%
Iodine (as Potassium Iodide)	150 mcg 100%
Magnesium (as Magnesium Oxide)	40 mg 10%
Zinc (as Zinc Oxide)	15 mg 136%
Selenium (as Sodium Selenate)	45 mcg 82%
Copper (as Copper Oxide)	2 mg 222%
Manganese (as Manganese Sulfate)	2 mg 87%
Chromium (as Chromium Chloride)	100 mcg 286%
Molybdenum (as Sodium Molybdate)	25 mcg 56%
Chloride (as Potassium Chloride)	90 mg 4%
Potassium (as Potassium Chloride)	99 mg 2%
Tin (as Stannous Chloride)	10 mcg **
Silicon (as Silicon Dioxide)	5 mg **
Prolonged Release Guarana Blend (Guarana Powder (seed) Caffeine)	90 mg **

** Daily Values not established.

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.

Warning: For adult use only. This product contains about as much caffeine as one cup of coffee and may cause adverse reaction in those with a health condition or sensitivity that may be aggravated by caffeine.

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

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.

Proudly Manufactured by

21ST Century HealthCare, Inc.

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ACTUAL SIZE

