

21ST
CENTURY[®]

gluten
free

**ONE
DAILY**

MULTIVITAMIN
MULTIMINERAL
SUPPLEMENT

Essential

Compare VS.
ONE A DAY[®] ESSENTIAL[†]

100
TABLETS

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		% Daily Value
Vitamin A (as Acetate and 17% as Beta-Carotene)	900 mcg	100%
Vitamin C (as Ascorbic Acid)	60 mg	67%
Vitamin D ₃ (as Cholecalciferol)	10 mcg (400 IU)	50%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	13.5 mg	90%
Thiamin (as Thiamin Mononitrate, B-1)	1.5 mg	125%
Riboflavin (Vitamin B-2)	1.7 mg	131%
Niacin (as Niacinamide)	20 mg	125%
Vitamin B-6 (as Pyridoxine HCl)	2 mg	118%
Folate	667 mcg DFE (400 mcg Folic Acid)	167%
Vitamin B-12 (as Cyanocobalamin)	6 mcg	250%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	200%
Calcium (as Calcium Carbonate & Dicalcium Phosphate)	93 mg	7%

Other Ingredients: Cellulose, Starch, Gelatin, Stearic Acid, Croscarmellose Sodium. **Contains <2% of:** Artificial Colors (FD&C Blue #2 Carmine, FD&C Red #40), Magnesium Silicate, Magnesium Stearate, Maltodextrin, PEG, Polyvinyl Alcohol, Silicon Dioxide, Titanium Dioxide.

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: 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. This product is not manufactured or distributed by Bayer Health Care, LLC, owner of the registered trademark One A Day[®].

No added Yeast or
Artificial Flavors.
Gluten Free.

ACTUAL
SIZE

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