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**21ST
CENTURY.**



**ONE
DAILY**

MULTIVITAMIN
MULTIMINERAL
SUPPLEMENT

Maximum

Compare VS.
ONE A DAY® MAXIMUM†

**100
TABLETS**

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as Acetate & 20% as Beta-Carotene)	750 mcg 83%	Iron (as Ferrous Fumarate)	18 mg 100%
Vitamin C (as Ascorbic Acid)	60 mg 67%	Phosphorus (as Dicalcium Phosphate)	109 mg 9%
Vitamin D ₃ (as Cholecalciferol)	10 mcg (400 IU) 50%	Iodine (as Potassium Iodide)	150 mcg 100%
Vitamin E (as d-Alpha Tocopheryl Acetate)	13.5 mg 90%	Magnesium (as Magnesium Oxide)	100 mg 24%
Vitamin K (as Phylloquinone)	25 mcg 21%	Zinc (as Zinc Oxide)	15 mg 130%
Thiamin (as Thiamin Mononitrate, B-1)	1.5 mg 125%	Selenium (as Sodium Selenate)	20 mcg 36%
Riboflavin (Vitamin B-2)	1.7 mg 131%	Copper (as Copper Sulfate)	2 mg 220%
Niacin (as Nicotinamide)	20 mg 125%	Manganese (as Manganese Sulfate)	3.5 mg 150%
Vitamin B-6 (as Pyridoxine HCl)	2 mg 118%	Chromium (as Chromium Chloride)	65 mcg 180%
Folate	667 mcg DFE 167% (400 mcg Folic Acid)	Molybdenum (as Sodium Molybdate)	180 mcg 350%
Vitamin B-12 (as Cyanocobalamin)	6 mcg 250%	Chloride (as Potassium Chloride)	72 mg 3%
Biotin	30 mcg 100%	Potassium (as Potassium Chloride)	80 mg 2%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg 200%	Boron (as Sodium Borate)	150 mcg *
Calcium (as Calcium Carbonate & Dicalcium Phosphate)	162 mg 12%	Tin (as Stannous Chloride)	10 mcg *
		Silicon (as Silicon Dioxide)	2 mg *
		Vanadium (as Sodium Metavanadate)	10 mcg *

* Daily Values not established.

Other Ingredients: Cellulose, Stearic Acid, Starch. Contains <2% of: Artificial Colors (FD&C Blue #2 Carmine, FD&C Red #40), Ascorbyl Palmitate, BHA, BHT, Croscarmellose Sodium, dl-Alpha Tocopherol, Gelatin, Gum Arabic, Hydroxypropyl Methylcellulose, Magnesium Silicate, Magnesium Stearate, Maltodextrin, Mannitol, PEG, Polyvinyl Alcohol, Sodium Aluminosilicate, Sucrose, Titanium Dioxide, Vegetable Oil, Water.

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.

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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21stcenturyvitamins.com
501562-0819N



ACTUAL SIZE