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21<sup>ST</sup>  
CENTURY.  
**ONE  
DAILY**

NON-GMO  
GLUTEN FREE

**Men's Health**

MULTIVITAMIN/MULTIMINERAL SUPPLEMENT

COMPARE VS. ONE A DAY® MEN'S†

**100** TABLETS

**NO  
ARTIFICIAL  
SWEETENERS,  
COLORS OR  
FLAVORS**

**Supplement Facts**

Serving Size 1 Tablet

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as Acetate & 10% as Beta-Carotene)	900 mcg 100%	Pantothenic Acid (as d-Calcium Pantothenate)	15.5 mg 310%
Vitamin C (as Ascorbic Acid)	99 mg 110%	Calcium (as Calcium Carbonate)	210 mg 16%
Vitamin D <sub>3</sub> (as Cholecalciferol)	25 mcg (1,000 IU) 125%	Iodine (as Potassium Iodide)	150 mcg 100%
Vitamin E (as d-Alpha Tocopheryl Acetate)	15 mg 100%	Magnesium (as Magnesium Oxide)	120 mg 29%
Vitamin K (as Phytionadione)	30 mcg 25%	Zinc (as Zinc Oxide)	11 mg 100%
Thiamin (as Thiamin Mononitrate, B-1)	1.32 mg 110%	Selenium (as Sodium Selenate)	55 mcg 100%
Riboflavin (Vitamin B-2)	1.43 mg 110%	Copper (as Copper Oxide)	0.9 mg 100%
Niacin (as Niacinamide)	17.6 mg 110%	Manganese (as Manganese Sulfate)	2.3 mg 100%
Vitamin B-6 (as Pyridoxine HCl)	2.17 mg 128%	Chromium (as Chromium Chloride)	35 mcg 100%
Folate	400 mcg DFE (240 mcg Folic Acid) 100%	Lycopene	300 mcg
Vitamin B-12 (as Cyanocobalamin)	6.24 mcg 260%		
Biotin	43 mcg 143%		

\*\* Daily Value not established.

Other Ingredients: Cellulose, Starch, Stearic Acid, Gum Acacia. Contains <2% of: Croscarmellose Sodium, Dicalcium Phosphate, Gelatin, Magnesium Silicate, Magnesium Stearate, Polyethylene Glycol, Polysorbate, Polyvinyl Alcohol, Silicon Dioxide.

**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, Artificial Sweeteners, Colors or Flavors. **Gluten Free.**

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

ACTUAL SIZE

PROUDLY MANUFACTURED BY  
21<sup>ST</sup> CENTURY HEALTHCARE, INC.  
2119 S. Wilson St., Tempe, AZ 85282 USA  
21stcenturyvitamins.com 501603-0121

GUARANTEED QUALITY | LABORATORY TESTED

TRUSTED  
QUALITY  
FOR OVER  
**30** YEARS