

21<sup>ST</sup>  
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<br>(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 <sub>3</sub><br>(as Cholecalciferol)          | 10 mcg (400 IU) 50% | Iodine (as Potassium Iodide)        | 150 mcg 100%  |
| Vitamin E (as dl-Alpha Tocopheryl Acetate)              | 13.5 mg 90%         | Magnesium (as Magnesium Oxide)      | 100 mg 24%    |
| Vitamin K (as Phytonadione)                             | 25 mcg 21%          | Zinc (as Zinc Oxide)                | 15 mg 136%    |
| 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 222%     |
| Niacin (as Niacinamide)                                 | 20 mg 125%          | Manganese (as Manganese Sulfate)    | 3.5 mg 152%   |
| Vitamin B-6 (as Pyridoxine HCl)                         | 2 mg 118%           | Chromium (as Chromium Chloride)     | 65 mcg 186%   |
| Folate<br>(400 mcg Folic Acid)                          | 667 mcg DFE 167%    | Molybdenum (as Sodium Molybdate)    | 160 mcg 366%  |
| 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<br>(as d-Calcium Pantothenate)         | 10 mg 200%          | Boron (as Sodium Borate)            | 150 mcg **    |
| Calcium<br>(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. Contains <2% of: Artificial Colors (FD&C Blue #2 Carmine, FD&C Red #40), Croscarmellose Sodium, Gelatin, Magnesium Silicate, Magnesium Stearate, PEG, Polyvinyl Alcohol, Starch, 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.

No added Yeast or Artificial Flavors. **Gluten Free.**

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

**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  
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ACTUAL SIZE