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21ST
CENTURY®SUPPORT FOR
**ALL-DAY
ENERGY****ONE
DAILY**MULTIVITAMIN
MULTIMINERAL
SUPPLEMENT**Energy**Compare Active Ingredients to
ONE A DAY® ENERGY†**75
TABLETS****Supplement Facts**

Serving Size: 1 Tablet

Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A (as Acetate & 40% Beta Carotene)	3,500 I.U. 70%	Iron (as Ferrous Fumarate)	9 mg 50%
Vitamin C (as Ascorbic Acid)	60 mg 100%	Iodine (as Potassium Iodide)	150 mcg 100%
Vitamin D (as Cholecalciferol)	400 I.U. 100%	Magnesium (as Magnesium Oxide)	40 mg 10%
Vitamin E (dl-alpha Tocopheryl Acetate)	22.5 I.U. 75%	Zinc (as Zinc Oxide)	15 mg 100%
Vitamin K (as Phytanadione)	25 mcg 31%	Selenium (as Sodium Selenate)	45 mcg 64%
Thiamin (as Thiamin Mononitrate)	3 mg 200%	Copper (as Copper Sulfate)	2 mg 100%
Riboflavin	3.4 mg 200%	Manganese (as Manganese Sulfate)	2 mg 100%
Niacin (as Niacinamide)	40 mg 200%	Chromium (as Chromium Chloride)	100 mcg 83%
Vitamin B6 (as Pyridoxine HCl)	4 mg 200%	Molybdenum (as Sodium Molybdate)	25 mcg 33%
Folic Acid	400 mcg 100%	Chloride (as Potassium Chloride)	90 mg 3%
Vitamin B12 (as Cyanocobalamin)	12 mcg 200%	Potassium (as Potassium Chloride)	99 mg 3%
Biotin	300 mcg 100%	Nickel (as Nickel Sulfate)	5 mcg **
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg 100%	Tin (as Stannous Chloride)	10 mcg **
Calcium (as Calcium Carbonate)	250 mg 25%	Silicon (as Silicon Dioxide)	5 mg **
		Prolonged Release Guarana Blend Guarana Powder (seed), Caffeine	90 mg **

** Daily Value (DV) not established.

Other Ingredients: Cellulose, Starch, Croscarmellose Sodium, Stearic Acid, Hydroxypropyl Cellulose, Titanium Dioxide, Polydextrose, Magnesium Stearate, Silicon Dioxide, Polyvinylpyrrolidone, PEG, Artificial Colors (FD&C Yellow #5, FD&C Blue #1)

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 Sugar, Yeast, Preservatives or Artificial Flavors.

† One A Day® is a registered trademark of Bayer Corporation, Morrisville, NJ 07960

***This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

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.

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