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21ST
CENTURY®SPECIALLY
FORMULATEDONE
DAILYMULTIVITAMIN
MULTIMINERAL
SUPPLEMENT

Women's

Compare Active Ingredients To
ONE A DAY® WOMEN'S†100
TABLETS**Supplement Facts**

Serving Size: 1 Tablet

Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A (as Acetate and 20% as Beta Carotene)	2,500 IU 50%	Biotin	300 mcg 100%
Vitamin C (as Ascorbic Acid)	60 mg 100%	Pantothenic Acid (as d-Calcium Pantothenate)	10 mg 100%
Vitamin D ₃ (as Cholecalciferol)	1,000 IU 250%	Calcium (as Calcium Carbonate)	500 mg 50%
Vitamin E (dl-alpha Tocopheryl Acetate)	22.5 IU 75%	Iron (as Ferrous Fumarate)	18 mg 100%
Vitamin K (as Phytonadione)	25 mcg 31%	Iodine (as Potassium Iodide)	150 mcg 100%
Thiamin (as Thiamin Mononitrate)	1.5 mg 100%	Zinc (as Zinc Oxide)	15 mg 100%
Riboflavin	1.7 mg 100%	Selenium (as Sodium Selenate)	20 mcg 29%
Niacin (as Niacinamide)	20 mg 100%	Copper (as Copper Sulfate)	2 mg 100%
Vitamin B6 (as Pyridoxine HCl)	2 mg 100%	Manganese (as Manganese Sulfate)	2 mg 100%
Folic Acid	400 mcg 100%	Chromium (as Chromium Chloride)	120 mcg 100%
Vitamin B12 (as Cyanocobalamin)	6 mcg 100%	Daily Value (DV).	

Other Ingredients: Cellulose, Magnesium Oxide, Starch, Polyvinyl Alcohol, Stearic Acid, Croscarmellose Sodium, Titanium Dioxide, Silicon Dioxide, PEG, Talc, Magnesium Stearate, Artificial Colors (FD&C Yellow #5, FD&C Yellow #6, FD&C Blue #2 Carmine).

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

Directions: As a dietary supplement, take one (1) tablet daily after any meal or as directed by a healthcare provider. Do not exceed recommended dosage. Individual results may vary.**Warning:** Consult 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.

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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