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21ST
CENTURY®**ONE
DAILY**MULTIVITAMIN
MULTIMINERAL
SUPPLEMENT**Men's 50+**Compare Active Ingredients to
**ONE A DAY® MEN'S 50+
HEALTHY ADVANTAGE†****100
TABLETS****Supplement Facts**

Serving Size: 1 Tablet

Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A 3,500 I.U. 70%		Pantothenic Acid 15 mg 150%	
(as Acetate and 20% as Beta Carotene)		(as d-Calcium Pantothenate)	
Vitamin C (as Ascorbic Acid) 120 mg 200%		Calcium (as Calcium Carbonate) 120 mg 12%	
Vitamin D (as Cholecalciferol) 700 I.U. 175%		Iodine (as Potassium Iodide) 150 mcg 100%	
Vitamin E (dl-Alpha Tocopheryl Acetate) 25.5 I.U. 85%		Magnesium (as Magnesium Oxide) 110 mg 28%	
Vitamin K (as Phylloquinone) 20 mcg 25%		Zinc (as Zinc Oxide) 24 mg 160%	
Thiamin (as Thiamin Mononitrate) 4.5 mg 300%		Selenium (as Sodium Selenate) 117 mcg 167%	
Riboflavin (Vitamin B-2) 3.4 mg 200%		Copper (as Copper Sulfate) 2.2 mg 110%	
Niacin (as Nicotinamide) 20 mg 100%		Manganese (as Manganese Sulfate) 4.2 mg 210%	
Vitamin B-6 (as Pyridoxine HCl) 6 mg 300%		Chromium (as Chromium Chloride) 180 mcg 150%	
Folic Acid 400 mcg 100%		Molybdenum (as Sodium Molybdate) 90 mcg 120%	
Vitamin B-12 (as Cyanocobalamin) 25 mcg 417%			
Biotin 30 mcg 10%		Lycopene 370 mcg *	

*Percent Daily Value (DV) not established.

Other Ingredients: Cellulose, Starch, Stearic Acid, Croscarmellose Sodium, Silicon Dioxide, Magnesium Stearate, Titanium Dioxide, Polyvinyl Alcohol, PEG, Talc, Artificial Colors (FD&C Blue #1).

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

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:** Before using this product, consult your healthcare provider if you: are pregnant or nursing, have a medical condition, are taking any medications, or are planning any medical procedures. If any adverse reactions occur, discontinue use and consult your healthcare provider.**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.

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