

7 40985 27342 5

21<sup>ST</sup>  
CENTURY®

WITH  
METABOLISM  
SUPPORT

# ONE DAILY

MULTIVITAMIN  
MULTIMINERAL  
SUPPLEMENT

Women's Active  
Metabolism

Compare Active Ingredients to  
**ONE A DAY® WOMEN'S  
ACTIVE METABOLISM†**

50  
TABLETS

## Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A (as Acetate & 10% Beta Carotene)	2,500 I.U. 50%	Calcium (as Calcium Carbonate)	300 mg 30%
Vitamin C (as Ascorbic Acid)	60 mg 100%	Iron (as Ferrous Fumarate)	18 mg 100%
Vitamin D (as Cholecalciferol)	800 I.U. 200%	Magnesium (as Magnesium Oxide)	50 mg 13%
Vitamin E (d-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)	20 mcg 29%
Thiamin (as Thiamin Mononitrate)	2.4 mg 160%	Copper (as Copper Sulfate)	2 mg 100%
Riboflavin	2.7 mg 158%	Manganese (as Manganese Sulfate)	2 mg 100%
Niacin (as Nicotinamide)	10 mg 50%	Chromium (as Chromium Chloride)	120 mcg 100%
Vitamin B6 (as Pyridoxine HCl)	3.2 mg 160%	Guarana Seed Extract	50 mg **
Folic Acid	400 mcg 100%	Caffeine	120 mg **
Vitamin B12 (as Cyanocobalamin)	9.5 mcg 158%		
Biotin	30 mcg 10%		
Pantothenic Acid (as d-Calcium Pantothenate)	5 mg 50%		

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

\*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.

**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:** Contains approximately the same amount of caffeine as a cup of coffee. Those sensitive to caffeine should use with caution. Do not use if pregnant or breast feeding.

**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, Morristown, NJ 07960 500965-0414

**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  
**21<sup>ST</sup> Century HealthCare, Inc.**  
2119 S. Wilson Street, Tempe, AZ 85282 USA  
www.21stcenturyvitamins.com