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WITH
LYCOPENE21ST
CENTURY®**ONE
DAILY**MULTIVITAMIN
MULTIMINERAL
SUPPLEMENT**Men's Health**Compare Active Ingredients to
ONE A DAY® MEN'S HEALTH†**100**
TABLETS**Supplement Facts**

Serving Size: 1 Tablet

Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A (as Acetate and 14% as Beta Carotene)	3,500 IU 70%	Biotin	75 mcg 25%
Vitamin C (as Ascorbic Acid)	60 mg 100%	Pantothenate Acid (as d-Calcium Pantothenate)	16 mg 160%
Vitamin D ₃ (as Cholecalciferol)	700 IU 175%	Calcium (as Calcium Carbonate)	210 mg 21%
Vitamin E (dl-Alpha Tocopheryl Acetate)	22.5 IU 75%	Magnesium (as Magnesium Oxide)	140 mg 35%
Vitamin K (as Phytonadione)	20 mcg 25%	Zinc (as Zinc Oxide)	15 mg 100%
Thiamin (as Thiamin Mononitrate)	1.35 mg 90%	Selenium (as Sodium Selenate)	110 mcg 157%
Riboflavin	1.7 mg 100%	Copper (as Copper Oxide)	2 mg 100%
Niacin (as Niacinamide)	18 mg 90%	Manganese (as Manganese Sulfate)	2 mg 100%
Vitamin B6 (as Pyridoxine HCl)	3 mg 150%	Chromium (as Chromium Chloride)	120 mcg 100%
Folic Acid	400 mcg 100%	Lycopene	300 mcg **
Vitamin B12	18 mcg 300%	**Daily Value (DV) not established.	

Other Ingredients: Cellulose, Stearic Acid, Starch, Croscarmellose Sodium, Silicon Dioxide, Magnesium Stearate, Polyvinyl Alcohol, Talc, PEG, Polysorbate.

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 Sugar, Yeast, Preservatives or Artificial Flavors.

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

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