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21<sup>ST</sup>  
CENTURY.  
**ONE  
DAILY**

**NON-GMO  
GLUTEN FREE**

**Men's 50+**

**MULTIVITAMIN/MULTIMINERAL SUPPLEMENT**

**COMPARE VS. ONE A DAY® MEN'S 50+†**

**100 TABLETS**

**NO  
ARTIFICIAL  
SWEETENERS  
OR FLAVORS**

**Supplement Facts**

Serving Size 1 Tablet

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as Acetate & 11% as Beta-Carotene)	940 mcg 104%	Pantothenic Acid (as d-Calcium Pantothenate)	15 mg 300%
Vitamin C (as Ascorbic Acid)	120 mg 133%	Calcium (as Calcium Carbonate)	120 mg 9%
Vitamin D <sub>3</sub> (as Cholecalciferol)	17.5 mcg (700 IU) 88%	Iodine (as Potassium Iodide)	150 mcg 100%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	11.4 mg 76%	Magnesium (as Magnesium Oxide)	110 mg 26%
Vitamin K (as Phytonadione)	20 mcg 17%	Zinc (as Zinc Oxide)	24 mg 218%
Thiamin (as Thiamin Mononitrate, B-1)	4.5 mg 375%	Selenium (as Sodium Selenate)	117 mcg 213%
Riboflavin (Vitamin B-2)	3.4 mg 262%	Copper (as Copper Sulfate)	2.2 mg 244%
Niacin (as Niacinamide)	20 mg 125%	Manganese (as Manganese Sulfate)	4.2 mg 183%
Vitamin B-6 (as Pyridoxine HCl)	6 mg 353%	Chromium (as Chromium Chloride)	180 mcg 514%
Folate (400 mcg Folic Acid)	665 mcg DFE 166%	Molybdenum (as Sodium Molybdate)	90 mcg 200%
Vitamin B-12 (as Cyanocobalamin)	25 mcg 1,042%	Lycopene	370 mcg **
Biotin	30 mcg 100%		

Other Ingredients: Cellulose, Starch, Croscarmellose Sodium, Stearic Acid. Contains <2% of: Artificial Color (FD&C Blue #1), Dicalcium Phosphate, Gelatin, Gum Acacia, Hydroxypropyl Methylcellulose, Magnesium Silicate, Magnesium Stearate, Polyethylene Glycol, Polysorbate, Polyvinyl Alcohol, Silicon Dioxide, Titanium Dioxide.

**Directions:** As a dietary supplement, adults take one (1) tablet daily with any meal or as directed by a 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 Yeast, Artificial Sweeteners or Flavors.

**Gluten Free.**

†This product is not manufactured or distributed by Bayer HealthCare, LLC, owner of the registered trademark One A Day®.



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21<sup>ST</sup> CENTURY HEALTHCARE, INC.**  
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**GUARANTEED QUALITY | LABORATORY TESTED**

**TRUSTED  
QUALITY  
FOR OVER  
30 YEARS**