

**ONE A DAY®
Women's**

Directions: Adults: One tablet daily, with food.

Supplement Facts

Serving Size: One tablet

	Amount Per Serving	% Daily Value
Vitamin A (10% as beta-carotene)	700 mcg	78%
Vitamin C	75 mg	83%
Vitamin D (as Vitamin D ₃)	25 mcg (1000 IU)	125%
Vitamin E	7.5 mg	50%
Vitamin K	25 mcg	21%
Thiamin (B ₁)	1.2 mg	100%
Riboflavin (B ₂)	1.3 mg	100%
Niacin	16 mg	100%
Vitamin B ₆	1.7 mg	100%
Folate	666 mcg DFE (400 mcg folic acid)	167%
Vitamin B ₁₂	6 mcg	250%
Biotin	1000 mcg	3333%
Pantothenic Acid	5 mg	100%
Calcium (elemental)	380 mg	29%
Iron	18 mg	100%
Iodine	150 mcg	100%
Zinc	8 mg	73%
Selenium	27.5 mcg	50%
Copper	0.9 mg	100%
Manganese	1.8 mg	78%
Chromium	25 mcg	71%

INGREDIENTS: Calcium Carbonate, Microcrystalline Cellulose, Dicalcium Phosphate, Ascorbic Acid, Ferrous Fumarate, Maltodextrin; Less than 2% of: Beta-Carotene, Biotin, Cholecalciferol, Chromium Chloride, Croscarmellose Sodium, Cupric Oxide, Cyanocobalamin, D-Calcium Pantothenate, dl-Alpha-Tocopheryl Acetate, FD&C Blue #2 Aluminum Lake, FD&C Yellow #5 (tartrazine) Aluminum Lake, FD&C Yellow #6 Aluminum Lake, Folic Acid, Gelatin, Hydroxypropyl Methylcellulose, Magnesium Oxide, Manganese Sulfate, Niacinamide, Phytonadione, Polyethylene Glycol, Potassium Iodide, Pyridoxine Hydrochloride, Riboflavin, Silicon Dioxide, Sodium Selenite, Stearic Acid, Thiamine Mononitrate, Titanium Dioxide (color), Vitamin A Acetate, Zinc Oxide.

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.



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KEEP OUT OF REACH OF CHILDREN

CHILD RESISTANT CAP

For Adult Use Only

Not for Children

If pregnant, breast-feeding, taking medication, or have any medical condition ask a health professional before use.

Do not exceed recommended intake

Contact Information –

Questions or comments?

Please call 1-800-800-4793 (Mon-Fri 9AM – 5PM EST)

If there are space constraints, the following abbreviated formats may be used:

Questions or comments? 1-800-800-4793 (Mon-Fri 9-5 EST)

Or

Questions? 1-800-800-4793