



One A Day Energy

Directions: Adults: One tablet daily, with food.

Supplement Facts		
Serving Size: One tablet		
	Amount Per Serving	% Daily Value
Vitamin A (40% as beta-carotene)	1050 mcg	117%
Vitamin C	60 mg	67%
Vitamin D	10 mcg (400 IU)	50%
Vitamin E	10.1 mg	67%
Vitamin K	25 mcg	21%
Thiamin (B ₁)	3 mg	250%
Riboflavin (B ₂)	3.4 mg	262%
Niacin	40 mg	250%
Vitamin B ₆	4 mg	235%
Folate	665 mcg DFE (400 mcg folic acid)	166%
Vitamin B ₁₂	12 mcg	500%
Biotin	300 mcg	1000%
Pantothenic Acid	10 mg	200%
Calcium	250 mg	19%
Iron	9 mg	50%
Iodine	150 mcg	100%
Magnesium	40 mg	10%
Zinc	15 mg	136%
Selenium	45 mcg	82%
Copper	2 mg	222%
Manganese	2 mg	87%
Chromium	100 mcg	286%
Molybdenum	25 mcg	56%
Caffeine	90 mg	*

* Daily Value not established.

Ingredients: Calcium Carbonate, Microcrystalline Cellulose, Caffeine, Magnesium Oxide, Ascorbic Acid, Maltodextrin, Niacinamide, Dicalcium Phosphate, Ferrous Fumarate; Less than 2% of: Beta-Carotene, Biotin, Cholecalciferol, Chromium Chloride, Croscarmellose Sodium, Copper Sulfate, Cyanocobalamin, D-Calcium Pantothenate, dl-Alpha-Tocopheryl Acetate, FD&C Blue #1 Aluminum Lake, FD&C Yellow #5 (tartrazine) Aluminum Lake, Folic Acid, Gelatin, Hydroxypropyl Methylcellulose, Manganese Sulfate, Phylloquinone, Polyethylene Glycol, Polyvinylpyrrolidone, Potassium Iodide, Pyridoxine Hydrochloride, Riboflavin, Silicon Dioxide, Sodium Molybdate, 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.



One A Day Energy

This product contains about as much caffeine as a cup of coffee (90 mg).

For Adult Use Only

Not for children

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

KEEP OUT OF REACH OF CHILDREN

CHILD RESISTANT CAP

Do not exceed recommended intake