



One A Day Women's Active Metabolism

Directions: Adults: One tablet daily, with food.

Supplement Facts		
Serving Size: One tablet		
	Amount Per Serving	% Daily Value
Vitamin A (10% as beta-carotene)	750 mcg	83%
Vitamin C	60 mg	67%
Vitamin D	20 mcg (800 IU)	100%
Vitamin E	10.1 mg	67%
Vitamin K	25 mcg	21%
Thiamin (B ₁)	2.4 mg	200%
Riboflavin (B ₂)	2.7 mg	208%
Niacin	10 mg	63%
Vitamin B ₆	3.2 mg	188%
Folate	665 mcg DFE (400 mcg folic acid)	166%
Vitamin B ₁₂	9 mcg	375%
Biotin	30 mcg	100%
Pantothenic Acid	5 mg	100%
Calcium	300 mg	23%
Iron	18 mg	100%
Magnesium	50 mg	12%
Zinc	15 mg	136%
Selenium	20 mcg	36%
Copper	2 mg	222%
Manganese	2 mg	87%
Chromium	120 mcg	343%
Caffeine	120 mg	*

*Daily Value not established.

Ingredients: Calcium Carbonate, Microcrystalline Cellulose, Caffeine, Magnesium Oxide, Ascorbic Acid, Ferrous Fumarate, Maltodextrin, Croscarmellose Sodium; Less than 2% of: Beta-Carotene, Biotin, Cholecalciferol, Chromium Chloride, Copper Sulfate, Cyanocobalamin, D-Calcium Pantothenate, dl-Alpha-Tocopheryl Acetate, FD&C Blue #1 Aluminum Lake, FD&C Red #40 Aluminum Lake, FD&C Yellow #5 (tartrazine) Aluminum Lake, Folic Acid, Gelatin, Hydroxypropyl Methylcellulose, Manganese Sulfate, Niacinamide, Phylloquinone, Polyethylene Glycol, Polyvinylpyrrolidone, 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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This product contains about as much caffeine as a cup of coffee (120 mg). Consider total daily intake of caffeine from all sources while using this product.

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

For Adult Use Only

This product is not intended/recommended for children less than 18 years of age or those sensitive to caffeine.

KEEP OUT OF REACH OF CHILDREN

CHILD RESISTANT CAP

Do not exceed recommended intake