



**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	84 mg	93%
Vitamin D	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	665 mcg DFE (400 mcg folic acid)	166%
Vitamin B ₁₂	6 mcg	250%
Biotin	30 mcg	100%
Pantothenic Acid	5 mg	100%
Calcium	400 mg	31%
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, Ascorbic Acid, Maltodextrin, Ferrous Fumarate; Less than 2% of: Beta-Carotene, Biotin, Cholecalciferol, Chromium Chloride, Copper Sulfate, Croscarmellose Sodium, Cyanocobalamin, D-Calcium Pantothenate, dl-Alpha-Tocopheryl Acetate, Folic Acid, Gelatin, Hydroxypropyl Methylcellulose, Inulin, Manganese Sulfate, Medium Chain Triglycerides, Niacinamide, Phylloquinone, Polydextrose, Potassium Iodide, Pyridoxine Hydrochloride, Riboflavin, Silicon Dioxide, Sodium Selenite, Stearic Acid, Talc, Thiamine Mononitrate, Triacetin, 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.

KEEP OUT OF REACH OF CHILDREN



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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)