



**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 (20% as beta-carotene)	2500 IU	50%
Vitamin C	60 mg	100%
Vitamin D (as Vitamin D <sub>3</sub> )	1000 IU	250%
Vitamin E	22.5 IU	75%
Vitamin K	25 mcg	31%
Thiamin (B <sub>1</sub> )	1.5 mg	100%
Riboflavin (B <sub>2</sub> )	1.7 mg	100%
Niacin	20 mg	100%
Vitamin B <sub>6</sub>	2 mg	100%
Folic Acid	400 mcg	100%
Vitamin B <sub>12</sub>	6 mcg	100%
Biotin	300 mcg	100%
Pantothenic Acid	10 mg	100%
Calcium (elemental)	500 mg	50%
Iron	18 mg	100%
Iodine	150 mcg	100%
Zinc	15 mg	100%
Selenium	20 mcg	29%
Copper	2 mg	100%
Manganese	2 mg	100%
Chromium	120 mcg	100%

**INGREDIENTS:** Calcium Carbonate, Microcrystalline Cellulose, Ascorbic Acid, Ferrous Fumarate; 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 Lake, FD&C Yellow #5 (tartrazine) Lake, FD&C Yellow #6 Lake, Folic Acid, 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.

**KEEP OUT OF REACH OF CHILDREN**

**CHILD RESISTANT CAP**



**Bayer HealthCare**  
Consumer Care

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Contact Information –

**Questions or comments?**

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