

DIRECTIONS:



Adults: Open and take a sip from a 16.9 oz bottle of water. Use a larger bottle of water for lighter flavor.



Follow opening directions on packet or cut open with scissors. Pour powder into bottle.



Cover, shake until dissolved.



Drink your Complete Multivitamin.

NEW!

Zero Calories

Mixed Berry Flavor
Artificially Flavored

ONE A DAY
MULTIVITAMIN/MULTIMINERAL SUPPLEMENT

Women's 20

Complete Multivitamin Drink Mix Plus More† For Women

To Support*:

- Hydration†
- Bone Strength
- Breast Health
- Heart Health
- Healthy Reproductive System**

Artificially Flavored

18 PACKETS



Bayer HealthCare

Made in U.S.A.
Distributed by:
Bayer HealthCare LLC
Consumer Care
P.O. Box 1910
Mannheim, NJ 07062-1910 USA

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Ingredients to Help Keep Women Strong and Healthy:*



*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

A Complete Multivitamin Drink Mix Plus More† for Women

It is important for women to get key nutrients and to stay hydrated. That's why One A Day created One A Day Women's 20, the only complete multivitamin specially formulated for women in a powdered drink mix.

†When mixed with 16.9 oz of water, One A Day Women's 20 is a good start to meeting your daily hydration needs. One A Day Women's 20 also contains more† calcium for bone strength and more† Vitamin D to support breast health. Emerging research suggests the daily consumption of 1,000 IUs of Vitamin D is associated with support of breast health.* One A Day Women's 20 contains 800 IUs of Vitamin D to help supplement your daily intake of Vitamin D.

*Compared to One A Day Essential, and with twice the Calcium & Vitamin D in Centrum for bone strength and breast health.

**Provides nutritional support during PMS and menopause.

18 PACKETS

Supplement Facts

Serving Size: One packet

	Amount Per Serving	% Daily Value
Calories	0	
Vitamin A (20% as beta-carotene)	2500 IU	50%
Vitamin C	60 mg	100%
Vitamin D	800 IU	200%
Vitamin E	30 IU	100%
Vitamin K	25 mcg	31%
Thiamin (B1)	1.5 mg	100%
Riboflavin (B2)	1.7 mg	100%
Niacin	10 mg	50%
Vitamin B6	2 mg	100%
Folic Acid	400 mcg	100%
Vitamin B12	6 mcg	100%
Biotin	30 mcg	10%
Pantothenic Acid	5 mg	50%
Calcium (elemental)	450 mg	45%
Iron	18 mg	100%
Magnesium	50 mg	13%
Zinc	15 mg	100%
Selenium	20 mcg	29%
Copper	2 mg	100%
Manganese	2 mg	100%
Chromium	120 mcg	100%
Sodium	110 mg	5%

INGREDIENTS: Citric Acid, Calcium Carbonate, Sodium Bicarbonate, Magnesium Sulfate, Glucose Syrup, Artificial Flavor, Sorbitol, Magnesium Carbonate, Aspartame†, Iron Pyrophosphate, Ascorbic Acid, Adenosine Potassium, Zinc Citrate, FD&C Red 440, d-Alpha-Tocopheryl Acetate, Nicotinamide, D-Calcium Pantothenate, Manganese Sulfate, Copper Citrate, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Riboflavin, Vitamin A Palmitate, Polysorbate 60, Chromium Chloride, Folic Acid, Beta-Carotene, Sodium Selenate, Biotin, Phytonadione, Vitamin D3 (Cholecalciferol), Vitamin B12. Contains: Fish (cod, pollock, haddock, hake, cusk, redfish, sole, flounder).

[PHENYLKETONURICS: CONTAINS PHENYLALANINE]

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 PACKAGE.

Do not use if packet is torn or open.

INNER UNITS NOT LABELED FOR INDIVIDUAL SALE.

Store at room temperature. Avoid excessive heat.

Questions or comments?

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

Visit our website at www.oneaday.com



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