Complete Multivitamin with More

WOMEN'S FORMULA

Formulated to Support:*

- Bone Strength & Breast Health
- Heart Health
- Immunity
- Physical Energy
- Healthy Reproductive System
- Healthy Skin

*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.

Specialized Formula with More of What Matters to Women

Formulated to Support:*

Bone Strength	with a high level of Calcium, more† Vitamin D and Magnesium
Breast Health	with more† Vitamin D
Heart Health	with Vitamins B6, B12, C, E and Folic Acid
Immunity	with Vitamins C, A, E and Selenium
Physical Energy	with B Vitamins and Chromium
Healthy Reproductive System	with Folic Acid, Magnesium, Zinc and Calcium. Provides nutritional support during PMS and menopause.
Healthy Skin	with Vitamins A, C, Copper and Iron

†With 50% DV more Vitamin D than Centrum® Ultra Women's (1000 IU vs. 800 IU)

Directions: Adults: One tablet daily, with food.

Supplement Facts

Serving Size: One tablet

	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Vitamin A (20% as beta-carotene)	2500 IU	50%	Vitamin B_{12}	6 mcg	100%
Vitamin C	60 mg	100%	Biotin	30 mcg	10%
Vitamin D (as Vitamin D3)	1000 IU	250%	Pantothenic Acid	5 mg	50%
Vitamin E	22.5 IU	75%	Calcium (elemental)	500 mg	50%
Vitamin K	25 mcg	31%	Iron	18 mg	100%
Thiamin (B_1)	1.5 mg	100%	Magnesium	50 mg	13%
Riboflavin (B_2)	1.7 mg	100%	Zinc	15 mg	100%
Niacin	10 mg	50%	Selenium	20 mcg	29%
Vitamin B_6	2 mg	100%	Copper	2 mg	100%
Folic Acid	400 mcg	100%	Manganese	2 mg	100%
			Chromium	120 mcg	100%

INGREDIENTS: Calcium Carbonate, Microcrystalline Cellulose, Magnesium Oxide, Maltodextrin, Ascorbic Acid, Ferrous Fumarate, Hydroxypropyl Methylcellulose, Croscarmellose Sodium, Gelatin, dl-Alpha-Tocopheryl Acetate, Zinc Oxide, Titanium Dioxide (color), Niacinamide, Stearic Acid, Silicon Dioxide, D-Calcium Pantothenate, Manganese Sulfate, Polyethylene Glycol, Cupric Oxide, Pyridoxine Hydrochloride, Riboflavin, Thiamine Mononitrate, Vitamin A Acetate, Soybean Oil, Chromium Chloride, Folic Acid, Beta-Carotene, FD&C Yellow #5 (tartrazine) Lake, FD&C Yellow #6 Lake, FD&C Blue #2 Lake, Sodium Selenate, Biotin, Phytonadione, Cholecalciferol, Cyanocobalamin. **Contains:** Soy.

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.

A COMPLETE MULTIVITAMIN WITH MORE OF WHAT MATTERS TO WOMEN

*Bone strength and breast health are not just issues for older women. You can start to lose bone mass‡ as early as your 30's and you need to monitor your breast health as early as possible. One A Day® Women's is a complete multivitamin specially formulated for leading health needs of women. It contains a high level of Calcium to promote strong bones and more† Vitamin D than Centrum® Ultra Women's to support breast health. Emerging research suggests the daily consumption of 1,000 IUs of Vitamin D is associated with support of breast health.**

†With 50% DV more Vitamin D than Centrum® Ultra Women's (1000 IU vs 800 IU)
‡Moderate bone loss with inadequate calcium intake.

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WITH BONE & BREAST HEALTH SUPPORT*

ONE A DAY® women's

MULTIVITAMIN/MULTIMINERAL SUPPLEMENT

WOMEN'S FORMULA

100 TABLETS

BAYER

0 16500 07410 6

Questions or comments?
Please call 1-800-800-4793 (Mon - Fri 9AM - 5PM EST)
Visit our website at www.oneaday.com

Bayer HealthCare

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Bayer

EXPIRATION DATE: 3/14 NAAOCHC

ONE A DAY® women's

KEEP OUT OF REACH OF CHILDREN
CHILD RESISTANT CAP

Do not use this product if printed safety seal bearing "Bayer HealthCare" under cap is torn or missing.

Does not contain aspirin.

ONE A DAY® women's

More of What Matters to You