

WITH BONE & BREAST  
HEALTH SUPPORT\*

# ONE A DAY<sup>®</sup>

women's

MULTIVITAMIN/MULTIMINERAL  
SUPPLEMENT

**WOMEN'S  
FORMULA**

**Complete Multivitamin with More**

**Formulated to Support: \***

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

**200 TABLETS**

\*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.

**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<br>(20% as beta-carotene) | 2500 IU            | 50%           | Vitamin B12         | 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 (B1)                        | 1.5 mg             | 100%          | Magnesium           | 50 mg              | 13%           |
| Riboflavin (B2)                     | 1.7 mg             | 100%          | Zinc                | 15 mg              | 100%          |
| Niacin                              | 10 mg              | 50%           | Selenium            | 20 mcg             | 29%           |
| Vitamin B6                          | 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.

\*\*Provides nutritional support during PMS and menopause.

**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.

Questions or comments?  
Please call 1-800-800-4793 (Mon-Fri 9-5 EST)  
Visit our website at [www.oneaday.com](http://www.oneaday.com)

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**Bayer**

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EXPIRATION DATE:

6/14  
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