

ONE A DAY

COMPLETE MULTIVITAMIN
with ingredients to help keep
teen girls strong and healthy.*

HEALTHY SKIN

Vitamin A,
Vitamin C,
Copper,
Iron

**HEALTHY
IMMUNE SYSTEM**

Vitamin C,
Vitamin E,
Beta-Carotene,
Selenium, Zinc, Iron

ENERGY

Vitamin B6,
Vitamin B12,
Thiamin,
Riboflavin,
Niacin

BONE STRENGTH

Calcium, Vitamin D,
Magnesium, Zinc,
Vitamin K, Copper,
Manganese

*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.

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.

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

**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

Bayer

ONE A DAY

As a teen, you're always active and
on the go—whether it's school,
sports, work or just having fun.
With all this activity, your body can
benefit from the health support a
multivitamin can provide.

One A Day® Teen Advantage
for Her is specially formulated
to support your body's
specific nutrient needs.*

It helps support energy, bone
strength and a healthy immune
system, plus it provides
support for healthy skin.*

INGREDIENTS: Calcium Carbonate, Microcrystalline
Cellulose, Ascorbic Acid, Magnesium Oxide, Ferrous
Fumarate, Maltodextrin, Dicalcium Phosphate, Gelatin,
dl-Alpha-Tocopheryl Acetate, Nicotinamide, Hydroxypropyl
Methylcellulose, Croscarmellose Sodium, Zinc Oxide,
Starch, D-Calcium Pantothenate, Titanium Dioxide (color),
Sucrose, Stearic Acid, Manganese Sulfate, Silicon Dioxide,
Polyethylene Glycol, Pyridoxine Hydrochloride, FD&C Red
#40 Lake, Artificial Flavor, Riboflavin, Cupric Oxide,
Thiamine Mononitrate, Glucose, Brewer's Yeast, Vitamin A
Acetate, Chromium Chloride, Soybean Oil, Folic Acid, Biotin,
Beta-Carotene, Sodium Selenate, Ascorbyl Palmitate,
Sodium Ascorbate, Phytocadiolene, FD&C Red #40 Dye,
Cholecalciferol, Tricalcium Phosphate, Cyanocobalamin.
Contains: Soy

ONE A DAY

MULTIVITAMIN/MULTIMINERAL
SUPPLEMENT

**Teen
Advantage**

for Her
Complete
Multivitamin

- Supports
Healthy Skin*
- Supports
Healthy
Immune
System*

80 CAPLETS



Bayer HealthCare

Made in U.S.A.
Bayer HealthCare LLC
Consumer Care
P.O. Box 1910
Morristown, NJ 07962-1910 USA

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Directions: Teens: One caplet daily, with food.

Supplement Facts

Serving Size: One caplet

	Amount Per Serving	% Daily Value
Vitamin A (20% as beta-carotene)	2500 IU	50%
Vitamin C	120 mg	200%
Vitamin D	800 IU	200%
Vitamin E	30 IU	100%
Vitamin K	25 mcg	31%
Thiamin (B1)	2.3 mg	153%
Riboflavin (B2)	2.6 mg	153%
Niacin	30 mg	150%
Vitamin B6	3 mg	150%
Folic Acid	400 mcg	100%
Vitamin B12	9 mcg	150%
Biotin	300 mcg	100%
Pantothenic Acid	10 mg	100%
Calcium (elemental)	300 mg	30%
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%