

Complete Multivitamin with More

ENERGY

Formulated to Support:*

- Physical Energy
- Mental Alertness
- Immune Health
- Bone Health

*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 You.®

Formulated to Support:*

Physical Energy	with high levels of B-Vitamins† to help convert food to fuel
Mental Alertness	with Caffeine
Immune Health	with Vitamins C, A, Selenium and Zinc
Bone Health	with Calcium, Vitamin D and Magnesium

†Refers to Vitamins B₁, B₂, B₆, B₁₂, Niacin, Folic Acid, Biotin and Pantothenic Acid.

SUPPORTS PHYSICAL
ENERGY & MENTAL
ALERTNESS*

ONE A DAY®



MULTIVITAMIN/MULTIMINERAL
SUPPLEMENT

ENERGY

50 TABLETS



Questions or comments?
Please call 1-800-800-4793 (Mon - Fri 9AM - 5PM EST)

Made in the USA of US &
Imported Materials
Dist. by:
Bayer HealthCare LLC
Whippany, NJ 07981

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Matters to You are registered trademarks of Bayer.

Bayer

Directions: Adults: One tablet daily with food.

Supplement Facts

Serving Size: One tablet

	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Vitamin A	3500 IU	70%	Vitamin B ₆	4 mg	200%	Zinc	15 mg	100%
(40% as beta-carotene)			Folic Acid	400 mcg	100%	Selenium	45 mcg	64%
Vitamin C	60 mg	100%	Vitamin B ₁₂	12 mcg	200%	Copper	2 mg	100%
Vitamin D	400 IU	100%	Biotin	300 mcg	100%	Manganese	2 mg	100%
Vitamin E	22.5 IU	75%	Pantothenic Acid	10 mg	100%	Chromium	100 mcg	83%
Vitamin K	25 mcg	31%	Calcium (elemental)	250 mg	25%	Molybdenum	25 mcg	33%
Thiamin (B ₁)	3 mg	200%	Iron	9 mg	50%	Caffeine	90 mg	*
Riboflavin (B ₂)	3.4 mg	200%	Iodine	150 mcg	100%			
Niacin	40 mg	200%	Magnesium	40 mg	10%			

*Daily Value not established.

INGREDIENTS: Calcium Carbonate, Microcrystalline Cellulose, Caffeine, Magnesium Oxide, Ascorbic Acid, Niacinamide, Ferric Oxide, Lactose, 2% of: Beta-Carotene, Biotin, Cholecalciferol, Chromium Chloride, Croscarmellose Sodium, Crospovidone, Cupric Oxide, Cyanocobalamin, D-Calcium Pantothenate, dl-Alpha-Tocopheryl Acetate, FD&C Blue #1 Lake, FD&C Yellow #5 (tartrazine) Lake, Folic Acid, Gelatin, Hydroxypropyl Methylcellulose, Magnesium Oxide, Manganese Sulfate, Phosphoric Acid, Polyethylene Glycol, Potassium Iodide, Pyridoxine Hydrochloride, Riboflavin, Silicon Dioxide, Sodium Molybdate, 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.

This product contains about as much caffeine as a cup of coffee (90 mg).

For Adult Use Only.

If pregnant, breast-feeding or taking medication, ask a health professional before use.

A COMPLETE MULTIVITAMIN THAT SUPPORTS ENERGY*

Being both physically and mentally active is important for supporting your healthy lifestyle. That's why One A Day® Energy is a complete multivitamin with key nutrients, including B-Vitamins† to help support physical energy by converting food to fuel, plus Caffeine to help support mental alertness.*

†Refers to Vitamins B₁, B₂, B₆, B₁₂, Niacin, Folic Acid, Biotin and Pantothenic Acid.

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ONE A DAY®

EXPIRATION DATE:

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.

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