

Complete Multivitamin with More

Formulated to Support: *

- Metabolism
- Physical Energy
- Bone Health

**WOMEN'S
ACTIVE
METABOLISM**

*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: *

Metabolism	with Caffeine, B-Vitamins† and Chromium
Physical Energy	with B-Vitamins† to help convert food to fuel
Bone Health	with Calcium, Vitamin D, and Magnesium

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

WITH METABOLISM
SUPPORT*

ONE A DAY[®]

women's

MULTIVITAMIN/MULTIMINERAL
SUPPLEMENT



**ACTIVE
METABOLISM**

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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Bayer

Directions: Adults: One tablet daily, with food.

Supplement Facts

Serving Size: One tablet

	Amount Per Serving	% Daily Value
Vitamin A	2500 IU	50%
(10% as beta-carotene)		
Vitamin C	60 mg	100%
Vitamin D	800 IU	200%
Vitamin E	22.5 IU	75%
Vitamin K	25 mcg	31%
Thiamin (B ₁)	2.4 mg	160%
Riboflavin (B ₂)	2.7 mg	159%
Niacin	10 mg	50%
Vitamin B ₆	3.2 mg	160%

	Amount Per Serving	% Daily Value
Folic Acid	400 mcg	100%
Vitamin B ₁₂	9 mcg	150%
Biotin	30 mcg	10%
Pantothenic Acid	5 mg	50%
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%

	Amount Per Serving	% Daily Value
Manganese	2 mg	100%
Chromium	120 mcg	100%
Caffeine	120 mg	*

*Daily Value not established.

INGREDIENTS: Calcium Carbonate, Microcrystalline Cellulose, Caffeine, Magnesium Oxide, Ascorbic Acid, Ferrous Fumarate, Maltodextrin, Croscarmellose Sodium; Less than 2% of: Beta-Carotene, Biotin, Cholecalciferol, Chromium Chloride, Crospovidone, Cupric Oxide, Cyanocobalamin, D-Calcium Pantothenate, dl-Alpha-Tocopheryl Acetate, FD&C Blue #1 Lake, FD&C Red #40 Lake, FD&C Yellow #5 (tartrazine) Lake, Folic Acid, Gelatin, Hydroxypropyl Methylcellulose, Manganese Sulfate, Niacinamide, Phytanadione, Polyethylene Glycol, Pyridoxine Hydrochloride, Riboflavin, Silicon Dioxide, 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 (120 mg). Consider total daily intake of caffeine from all sources while using this product. If pregnant, breast-feeding, taking medication, or have any underlying medical condition ask a health professional before use. This product is not intended/recommended for children less than 18 years of age or those sensitive to caffeine.

A COMPLETE MULTIVITAMIN THAT SUPPORTS METABOLISM*

Used as part of a healthy lifestyle that includes a balanced diet and exercise, One A Day[®] Women's Active Metabolism is a complete multivitamin specially formulated with ingredients to help support metabolism.*

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ONE A DAY[®]
women's

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.

LOT & EXP