



One Daily Women's 50+ no iron

multivitamin • multimineral

immune^v

energy production^v

cardiovascular^v

vision^v

60 Tablets • Dietary Supplement

**gluten
free**

**dairy
free**

**nut
free**

actual size

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A (as beta carotene)	1125 mcg	125%
Vitamin C (as ascorbic acid)	100 mg	111%
Vitamin D3 (as cholecalciferol)	50 mcg	250%
Vitamin E (as d-alpha tocopheryl succinate)	25 mg	167%
Vitamin K	45 mcg	38%
Thiamin (Vitamin B1)(as thiamin mononitrate)	20 mg	1667%
Riboflavin (Vitamin B2)	20 mg	1538%
Niacin (Vitamin B3)	20 mg	125%
Vitamin B6 (as pyridoxine HCl)	20 mg	1176%
Folate	800 mcg	333%
	1333 mcg DFE	
Vitamin B12 (as cyanocobalamin)	100 mcg	4167%
Biotin	600 mcg	2000%
Pantothenic Acid (as d-calcium pantothenate)	20 mg	400%
Calcium (as calcium carbonate)	200 mg	15%
Iodine (from kelp)	150 mcg	100%
Magnesium (as magnesium oxide)	100 mg	24%
Zinc (as zinc sulfate)	15 mg	136%
Selenium (as amino acid chelate)	100 mcg	182%

	Amount Per Serving	% Daily Value
Copper (as copper sulfate)	1 mg	111%
Manganese (as manganese sulfate)	5 mg	217%
Chromium (as chromium picolinate)	120 mcg	343%
Molybdenum (as amino acid chelate)	75 mcg	167%
Potassium (as potassium chloride)	75 mg	2%
Choline (as choline bitartrate)	25 mg	5%
Boron (as boron citrate)	1 mg	*
Lutein	500 mcg	*
Cranberry Concentrate 10:1 (<i>Vaccinium oxycoccus macrocarpon</i>)(fruit)	80 mg	*
Antioxidant Health Blend	25 mg	*
8.33 mg Trans Resveratrol		
8.33 mg <i>Rhodiola rosea</i> Extract (root)		
8.33 mg Coenzyme Q10		
Inositol	25 mg	*
Citrus Bioflavonoids	25 mg	*
Lycopene	500 mcg	*
Black Pepper Extract (fruit)	5 mg	*

*Daily Value not established.

Other ingredients: Microcrystalline cellulose, dicalcium phosphate, croscarmellose sodium, stearic acid, magnesium stearate, silicon dioxide, pharmaceutical glaze, carnauba wax, hydroxypropylmethyl cellulose, glycerin, titanium dioxide, red cabbage.

Contains: Soy

Does not contain: Wheat, Gluten, Salt, Dairy, Fish, Preservatives, Artificial Colors or Flavors.

DIRECTIONS: Take one (1) tablet daily, preferably with a meal.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

▼ These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if outer seal is broken or missing.

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Item No. VS-3123

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