

DIRECTIONS: Take 1 tablet daily with food as a dietary supplement or as directed by a healthcare professional.

KEEP OUT OF REACH OF CHILDREN.

Protect from heat, light and moisture.
Store in a cool, dry place.

DO NOT PURCHASE IF SEAL IS BROKEN.

MADE IN THE U.S.A.



DAILY ONE FOR WOMEN

Multivitamin & Mineral Formula

Compare to
One A Day® Women's†

DIETARY SUPPLEMENT

100 TABLETS

NO

SUGAR, YEAST,
WHEAT, MILK,
ARTIFICIAL COLORS,
FLAVORS OR
PRESERVATIVES

– Gluten Free –

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www.windmillvitamins.com

ITEM 078 TC 3104301002



Supplement Facts

Serving Size: 1 tablet

	Amount Per Serving	% Daily Value
Vitamin A (100% as natural beta-carotene)	750 mcg	83%
Vitamin C (as ascorbic acid)	60 mg	67%
Vitamin D (as cholecalciferol)	25 mcg	125%
Vitamin E (as natural d-alpha-tocopheryl succinate)	15 mg	100%
Vitamin K (as phytonadione)	25 mcg	21%
Thiamin (as thiamin mononitrate)	1.5 mg	125%
Riboflavin	1.7 mg	131%
Niacin	20 mg	125%
Vitamin B6 (as pyridoxine HCl)	2 mg	118%
Folate (as folic acid)	667 mcg DFE (400 mcg folic acid)	167%
Vitamin B12 (as cyanocobalamin)	6 mcg	250%
Biotin	300 mcg	1,000%
Pantothenic acid (as D-calcium pantothenate)	10 mg	200%
Calcium (as calcium carbonate)	500 mg	38%
Iron (as ferrous fumarate) ‡	18 mg	100%
Iodine (as potassium iodide)	150 mcg	100%
Zinc (as zinc citrate)	15 mg	136%
Selenium (as selenomethionine)	20 mcg	36%
Copper (as copper gluconate)	2 mg	222%
Manganese (as manganese gluconate)	2 mg	87%
Chromium (as chromium nicotinate glycinate chelate)	120 mcg	343%

Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, stearic acid, film coat (hypromellose, polyethylene glycol, hydroxypropyl cellulose), magnesium stearate and silica.

†One A Day® Women's is a registered trademark of Bayer Healthcare, LLC Consumer Care, Morristown NJ.

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.

Distributed by:

Windmill Health Products®

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