

SUPPORTS PHYSICAL
ENERGY & MENTAL
ALERTNESS*

ONE A DAY®

MULTIVITAMIN/MULTIMINERAL
SUPPLEMENT



ENERGY

50 TABLETS

ONE A DAY®

EXPIRATION DATE:

446530-01
10-055947
EXP 08/18

KEEP OUT OF REACH OF CHILDREN
CHILD RESISTANT CAP

Do not use this product if safety seal
bearing "SEALED for YOUR PROTECTION"
under cap is torn or missing.

Does not contain aspirin.



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

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

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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
Total Carbohydrate	< 1 g	< 1%*	Folic Acid	400 mcg	100%	Manganese	2 mg	100%
Vitamin A	3500 IU	70%	Vitamin B12	12 mcg	200%	Chromium	100 mcg	83%
(40% as beta-carotene)			Biotin	300 mcg	100%	Molybdenum	25 mcg	33%
Vitamin C	60 mg	100%	Pantothenic Acid	10 mg	100%	Potassium	99 mg	3%
Vitamin D	400 IU	100%	Calcium (elemental)	250 mg	25%	Nickel	5 mcg	**
Vitamin E	22.5 IU	75%	Iron	9 mg	50%	Tin	10 mcg	**
Vitamin K	25 mcg	31%	Iodine	150 mcg	100%	Silicon	5 mg	**
Thiamin (B1)	3 mg	200%	Magnesium	40 mg	10%	Guarana Seed Powder	110 mg	**
Riboflavin (B2)	3.4 mg	200%	Zinc	15 mg	100%	Caffeine	90 mg	**
Niacin	40 mg	200%	Selenium	45 mcg	64%			
Vitamin B6	4 mg	200%	Copper	2 mg	100%			

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value not established.

INGREDIENTS: Calcium Carbonate, Potassium Chloride, Cellulose, Guarana Seed Powder, Caffeine, Magnesium Oxide, Ascorbic Acid, Dicalcium Phosphate, Nicotinamide, Croscarmellose Sodium; Less than 2% of: Acacia Gum, Beta-Carotene, Biotin, Cholecalciferol, Chromium Chloride, Corn Starch, Crospovidone, Cupric Sulfate, Cyanocobalamin, D-Calcium Pantothenate, dl-Alpha-Tocopheryl Acetate, FD&C Blue #1 Lake, FD&C Yellow #5 (tartrazine) Lake, Ferrous Fumarate, Folic Acid, Magnesium Stearate, Maltodextrin, Manganese Sulfate, Nickel Sulfate, Phytonadione, Polyethylene Glycol, Polyvinyl Alcohol, Potassium Iodide, Pyridoxine Hydrochloride, Riboflavin, Silicon Dioxide, Sodium Molybdate, Sodium Selenate, Stannous Chloride, Talc, 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.
If pregnant or breast-feeding, ask a health professional before use.

A COMPLETE MULTIVITAMIN THAT SUPPORTS ENERGY*
Staying both physically and mentally active is important for supporting your overall health.
That's why One A Day® Energy is a complete multivitamin with key nutrients to support your health, plus B-vitamins, Guarana and caffeine to help support physical and mental energy.*

*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.

ONE A DAY®

More of What Matters
to You