

WITH METABOLISM
SUPPORT*

ONE A DAY
women's

MULTIVITAMIN/MULTIMINERAL
SUPPLEMENT



**ACTIVE
METABOLISM™**

50 TABLETS

ONE A DAY
women's

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.

EXPIRATION DATE:



0 16500 51328 5

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

Bayer (reg'd), the Bayer Cross (reg'd), One A Day®,
More of What Matters to You® and Active Metabolism™
are 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 (10% as beta-carotene)	2500 IU	50%	Vitamin B6	3.2 mg	160%	Selenium	20 mcg	29%
Vitamin C	60 mg	100%	Folic Acid	400 mcg	100%	Copper	2 mg	100%
Vitamin D	800 IU	200%	Vitamin B12	9.5 mcg	158%	Manganese	2 mg	100%
Vitamin E	22.5 IU	75%	Biotin	30 mcg	10%	Chromium	120 mcg	100%
Vitamin K	25 mcg	31%	Pantothenic Acid	5 mg	50%	Guarana Seed (powder)	50 mg	*
Thiamin (B1)	2.4 mg	160%	Calcium (elemental)	300 mg	30%	Caffeine	120 mg	*
Riboflavin (B2)	2.7 mg	159%	Iron	18 mg	100%			
Niacin	10 mg	50%	Magnesium	50 mg	13%			
			Zinc	15 mg	100%			

INGREDIENTS: Calcium Carbonate, Cellulose, Caffeine Powder, Magnesium Oxide, Ascorbic Acid, Ferrous Fumarate, Guarana Seed Powder, Croscarmellose Sodium, dl-Alpha-Tocopheryl Acetate, Maltodextrin, Acacia, Zinc Oxide, Dextrin, Gelatin, Crospovidone, Dicalcium Phosphate, Titanium Dioxide (color), Niacinamide, Silicon Dioxide, Magnesium Stearate, D-Calcium Pantothenate, Manganese Sulfate, Cupric Sulfate, Polyethylene Glycol, Pyridoxine Hydrochloride, Riboflavin, Thiamine Mononitrate, Calcium Silicate, Dextrose, Soy Lecithin, Vitamin A Acetate, Chromium Chloride, Folic Acid, FD&C Blue #1 Lake, Beta-Carotene, Sodium Selenate, Biotin, Phytonadione, Cholecalciferol, Tricalcium Phosphate, Cyanocobalamin.
Contains: Fish (cod, pollock, haddock, hake, cusk, redfish, sole, flounder) and Soy.

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. Do not use if pregnant or breast-feeding.

A COMPLETE MULTIVITAMIN THAT SUPPORTS METABOLISM & ENERGY*
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 your metabolism and help you feel energized.
Plus, it contains Calcium and Vitamin D to support bone strength and breast 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.

ONE A DAY
women's

**More of What Matters
to You®**