

women's daily multivitamin dietary supplement

women's formula

multivitamin/multimineral
1000 IU Vitamin D
500 mg calcium



100
TABLETS

100 TABLETS SHOWN ACTUAL SIZE ABOVE

Directions: Adults: One tablet daily, with food.

Do not use if printed seal under cap is broken or missing

Supplement Facts

Serving Size: One tablet

	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Vitamin A (20% as beta-carotene)	2500 IU	50%	Niacin	10 mg	50%	Iron	18 mg	100%
Vitamin C	60 mg	100%	Vitamin B6	2 mg	100%	Magnesium	50 mg	13%
Vitamin D	1000 IU	250%	Folic Acid	400 mcg	100%	Zinc	15 mg	100%
Vitamin E	22.5 IU	75%	Vitamin B12	6 mcg	100%	Selenium	20 mcg	29%
Vitamin K	25 mcg	31%	Biotin	30 mcg	10%	Copper	2 mg	100%
Thiamin (Vitamin B1)	1.5 mg	100%	Pantothenic Acid	5 mg	50%	Manganese	2 mg	100%
Riboflavin (Vitamin B2)	1.7 mg	100%	Calcium (elemental)	500 mg	50%	Chromium	120 mcg	100%

INGREDIENTS: Calcium Carbonate, Magnesium Oxide, Acacia, Ascorbic Acid, Microcrystalline Cellulose, Croscarmellose Sodium, Ferrous Fumarate, Calcium Silicate, Dicalcium Phosphate, dl-Alpha Tocopheryl Acetate, Titanium Dioxide, Dextrin, Zinc Oxide, Stearic Acid, Hypromellose, Niacinamide, Magnesium Stearate, Silicon Dioxide, Polyethylene Glycol, Manganese Sulfate, Calcium Pantothenate, Dextrose, Cupric Sulfate, Lecithin, Pyridoxine Hydrochloride, Thiamin Mononitrate, Riboflavin, Vitamin A Acetate, Folic Acid, Chromium Chloride, FD&C Yellow #5 Aluminum Lake, Beta-Carotene, FD&C Yellow #6 Aluminum Lake, Sodium Selenate, Phytonadione, FD&C Blue #2 Aluminum Lake, Cholecalciferol, Biotin, Cyanocobalamin.

CONTAINS: SOY

**GLUTEN
FREE**

094 02 1366 ID201455

Distributed by Target Corporation, Minneapolis, MN 55403

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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.

CAUTION: If you are taking any medication or are planning any medical procedure, consult a doctor before taking this product.

If you are pregnant or nursing a baby, ask a doctor before using this product.

Store in a dry place at room temperature (59°-86°F).

Questions? Call 1-800-910-6874

CODE
AREA
: 1F478 UW F2

Child-Resistant Cap
Keep out of reach
of children.



Complete+ Multivitamin with nutrients that matter to women to support:

- **Bone Health** with Calcium, Vitamin D and Magnesium.**
- **Breast Health** with Vitamin D.**
- **Heart Health** with Vitamins B6, B12, C, E and Folic Acid.**
- **Immune Health** with Vitamins C, A, E and Selenium.**
- **Energy Metabolism** with B Vitamins and Chromium.**
- **Reproductive System Health** with Folic Acid, Magnesium, Zinc and Calcium.** Provides nutritional support during PMS and Menopause.**
- **Healthy Skin** with Vitamins A, C, Copper and Iron.**

+ 21 Nutrients

**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.

A Complete+ Multivitamin with nutrients that matter to women
+21 Nutrients

Bone strength and breast health are not just issues for older women. This product is a complete+ multivitamin specially formulated for leading health needs of women. This product contains Calcium and Vitamin D to promote strong bones. Emerging research suggests that daily consumption of Vitamin D may help support breast health.**

Adequate calcium and vitamin D throughout life, as part of a well-balanced diet, may reduce the risk of osteoporosis.

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Formulated per official USP standards to meet quality, potency and dissolution requirements for oil- and water-soluble vitamins with minerals tablets.

Store in a dry place at room temperature (59°-86°F).

*This product is not manufactured or distributed by Bayer HealthCare LLC, owner of the registered trademark One A Day®.



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Compare to One A Day® Women's*

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