

women's daily multivitamin dietary supplement

women's formula

Compare to One A Day® Women's®

Multivitamin/Multimineral
1000 IU Vitamin D
500 mg calcium



300

TABLETS

300 TABLETS SHOWN ACTUAL SIZE ABOVE

Directions: Adults: One tablet daily, with food

Supplement Facts

Serving Size: One tablet

	Amount Per Serving	% Daily Value
Vitamin A (20% as beta-carotene)	2500 IU	50%
Vitamin C	60 mg	100%
Vitamin D	1000 IU	250%
Vitamin E	22.5 IU	75%
Vitamin K	25 mcg	31%
Thiamin (Vitamin B1)	1.5 mg	100%
Riboflavin (Vitamin B2)	1.7 mg	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, Phytanadione, FD&C Blue #2 Aluminum Lake, Cholecalciferol, Biotin, Cyanocobalamin. **CONTAINS: SOY**

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	Amount Per Serving	% Daily Value
Niacin	10 mg	50%
Vitamin B6	2 mg	100%
Folic Acid	400 mcg	100%
Vitamin B12	6 mcg	100%
Biotin	30 mcg	10%
Pantothenic Acid	5 mg	50%
Calcium (elemental)	500 mg	50%

	Amount Per Serving	% Daily Value
Iron	18 mg	100%
Magnesium	50 mg	13%
Zinc	15 mg	100%
Selenium	20 mcg	29%
Copper	2 mg	100%
Manganese	2 mg	100%
Chromium	120 mcg	100%

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

GLUTEN FREE

This product is not manufactured or distributed by Bayer HealthCare LLC, distributor of One A Day® Women's.

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