



50 TABLETS

## women's daily active metabolism\*\* dietary supplement

Compare to One-A-Day®  
Women's Active Metabolism\*\*\*

\*\*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.

### Complete† multivitamin to help support:

- Metabolism and energy with key ingredients including B Vitamins\*\*
- Bone strength with calcium, Vitamin D and magnesium\*\*
- Breast health with Vitamin D\*\*

†23 Nutrients



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Child Resistant Cap



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Compare to One-A-Day®  
Women's Active Metabolism\*\*\*

multivitamin/multimineral/  
herbal supplement  
supports metabolism and energy\*\*

50

TABLETS

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SHOWN ACTUAL  
SIZE ABOVE

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

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



### Supports metabolism and energy\*\*

A healthy lifestyle includes regular exercise and eating a balanced diet. This product is specially formulated with ingredients to help support metabolism and help energize body and mind. Also, calcium and Vitamin D support bone strength and breast health.\*\*

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### KEY INGREDIENTS TO SUPPORT:

#### METABOLISM AND ENERGY\*\*

B Vitamins, chromium, iron, caffeine

#### BONE HEALTH\*\*

Calcium, Vitamin D, magnesium

#### HEART HEALTH\*\*

Vitamins B6, B12, C, E, folic acid

#### IMMUNE HEALTH\*\*

Vitamins A, C, E, selenium, zinc

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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 |
|--------------------|-----------------------------------|---------------|---------------------|--------------------|---------------|--------------------------|--------------------|---------------|
| Total Carbohydrate | < 1 g                             | < 1%*         | Vitamin B6          | 3.2 mg             | 160%          | Selenium                 | 20 mcg             | 29%           |
| Vitamin A          | 2500 IU<br>(10% as beta-carotene) | 50%           | Folic Acid          | 400 mcg            | 100%          | Copper                   | 2 mg               | 100%          |
| Vitamin C          | 60 mg                             | 100%          | Vitamin B12         | 9.5 mcg            | 158%          | Manganese                | 2 mg               | 100%          |
| Vitamin D          | 800 IU                            | 200%          | Biotin              | 30 mcg             | 10%           | Chromium                 | 120 mcg            | 100%          |
| Vitamin E          | 22.5 IU                           | 75%           | Pantothenic Acid    | 5 mg               | 50%           | Guarana Seed<br>(powder) | 50 mg              | †             |
| Vitamin K          | 25 mcg                            | 31%           | Calcium (elemental) | 300 mg             | 30%           | Caffeine                 | 120 mg             | †             |
| Thiamin (B1)       | 2.4 mg                            | 160%          | Iron                | 18 mg              | 100%          |                          |                    |               |
| Riboflavin (B2)    | 2.7 mg                            | 159%          | Magnesium           | 50 mg              | 13%           |                          |                    |               |
| Niacin             | 10 mg                             | 50%           | Zinc                | 15 mg              | 100%          |                          |                    |               |

**INGREDIENTS:** Calcium Carbonate, Microcrystalline Cellulose, Caffeine, Magnesium Oxide, Ascorbic Acid, Ferrous Fumarate, Guarana Seed Powder, Acacia, Croscarmellose Sodium, Stearic Acid, dl-Alpha Tocopheryl Acetate, Polyvinyl Alcohol, Zinc Oxide, Magnesium Stearate, Titanium Dioxide, Polyethylene Glycol, Nicotinamide, Talc, Crospovidone, Silicon Dioxide, Manganese Sulfate, Calcium Pantothenate, Calcium Silicate, Cupric Sulfate, Pyridoxine Hydrochloride, Thiamin Mononitrate, Riboflavin, Vitamin A Acetate, FD&C Yellow #5 Lake, FD&C Blue #1 Lake, Folic Acid, Chromium Chloride, FD&C Red #40 Lake, Beta-Carotene, Sodium Selenate, Phytonadione, Biotin, Cholecalciferol, Cyanocobalamin.

**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 (120 mg/tablet) as a cup of coffee (100 mg).

**Caution:** Do not use if you are pregnant or nursing a baby. If you are taking any medication, have a medical condition or are planning any medical procedure, consult your doctor before using this product.

### GLUTEN FREE

Questions? Call 1-800-910-6874

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