

NEW
Improved Formula



One Daily Women's

multivitamin • multimineral
50 mcg vitamin D3 2000 IU

immune^y

energy production^y

cardiovascular^y

60 Tablets • Dietary Supplement

gluten free

dairy free

soy free

nut free

actual size

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A (as beta carotene)	1500 mcg RAE (5000 IU)	170%
Vitamin C (as ascorbic acid)	100 mg	110%
Vitamin D3 (as cholecalciferol)	50 mcg (2000 IU)	250%
Vitamin E (as d-alpha tocopheryl succinate)	25 mg (30 IU)	130%
Vitamin K (as phytonadione)	50 mcg	40%
Thiamin (Vitamin B1) (as thiamin mononitrate)	10 mg	830%
Riboflavin (Vitamin B2)	10 mg	770%
Niacin (Vitamin B3) (as niacinamide)	20 mg NE	130%
Vitamin B6 (as pyridoxine HCl)	10 mg	590%
Folate	1333 mcg DFE (800 mcg folic acid)	330%
Vitamin B12 (as cyanocobalamin)	25 mcg	1040%
Biotin (as d-biotin)	600 mcg	2000%
Pantothenic Acid (as d-calcium pantothenate)	20 mg	400%
Choline (as choline bitartrate)	50 mg	10%
Calcium (as calcium carbonate)	200 mg	15%
Iron (as ferrous fumarate)	10 mg	60%
Iodine (from kelp)	150 mcg	100%

	Amount Per Serving	% Daily Value
Magnesium (as magnesium oxide)	100 mg	25%
Zinc (as zinc sulfate)	15 mg	140%
Selenium (as amino acid chelate)	55 mcg	100%
Copper (as copper sulfate)	1 mg	110%
Manganese (as manganese sulfate)	2 mg	90%
Chromium (as chromium picolinate)	120 mcg	340%
Molybdenum (as amino acid chelate)	80 mcg	180%
Potassium (as potassium chloride)	75 mg	2%
Cranberry Concentrate	400 mg	*
Inositol	25 mg	*
Lutein	5 mg	*
Boron (as boron amino acid complex)	1 mg	*

* Daily Value not established.
Other ingredients: Microcrystalline cellulose, aqueous coating, croscarmellose sodium, stearic acid, silicon dioxide, magnesium stearate, riboflavin (for color), titanium dioxide (for color), spirulina extract (for color).

Does not contain: Gluten, Salt, Preservatives, Artificial Colors or Flavors.

DIRECTIONS: Take one (1) tablet daily, preferably with a meal.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

▼ 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.

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.

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

TAMPER evident Do not use if outer seal is broken or missing.

Distributed by Vitamin Shoppe, Inc. Secaucus, NJ 07094 Visit www.vitaminshoppe.com or call 1-800-223-1216 for more information and to reorder.



Item No. VS-3117 1809227