

NEW
Improved Formula



One Daily Women's

multivitamin • multimineral
50 mcg vitamin D3 2000 IU

immune^y

energy production^y

cardiovascular^y

180 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)	20 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%
Magnesium (as magnesium oxide)	100 mg	25%
Zinc (as zinc sulfate)	15 mg	140%

	Amount Per Serving	% Daily Value
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 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.

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

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

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.

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.

▼ 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.

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