

SAFETY SEALED. DO NOT USE IF SEAL UNDER CAP IS CUT, TORN, OR MISSING.

IMPORTANT INFORMATION: Long-term intake of high levels of Vitamin A (excluding those sourced from beta-carotene) may increase the risk of osteoporosis in adults. Do not take this product if taking other vitamin A supplements.



compare to
One A Day® Women's
ingredients*

EQUALINE®

one daily
women's

multivitamin/multimineral
supplement

essential nutrition
for women**

200 tablets dietary
supplement

**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.

Suggested Use: Adults - Take one tablet daily with food.

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Vitamin A (20% as beta-carotene)	2,500 IU	50%	Vitamin B12	6 mcg	100%
Vitamin C	60 mg	100%	Biotin	300 mcg	100%
Vitamin D	1000 IU	250%	Pantothenic Acid	10 mg	100%
Vitamin E	22.5 IU	75%	Calcium	500 mg	50%
Vitamin K	25 mcg	31%	Iron	18 mg	100%
Thiamin (Vitamin B1)	1.5 mg	100%	Iodine	150 mcg	100%
Riboflavin (Vitamin B2)	1.7 mg	100%	Zinc	15 mg	100%
Niacin	20 mg	100%	Selenium	20 mcg	29%
Vitamin B6	2 mg	100%	Copper	2 mg	100%
Folic Acid	400 mcg	100%	Manganese	2 mg	100%
			Chromium	120 mcg	100%

INGREDIENTS: Calcium Carbonate, Cellulose, Ferrous Fumarate, Ascorbic Acid, dl-Alpha Tocopheryl Acetate, Less than 2% of: Vitamin A Acetate, Beta Carotene, Biotin, Calcium Pantothenate, Cholecalciferol (Vitamin D3), Chromium Chloride, Modified Cellulose, Cupric Oxide, Cyanocobalamin, Folic Acid, Magnesium Stearate, Manganese Sulfate, Niacinamide, Phytonadione, Polyethylene Glycol, Polyvinyl Alcohol, Potassium Iodide, Pyridoxine Hydrochloride, Riboflavin, Silica, Sodium Selenate, Talc, Thiamin Mononitrate, Titanium Dioxide, Zinc Oxide.

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GLUTEN FREE

Product formulated without Yeast, Starch, Lactose or Artificial Flavors.

WARNING: If you are pregnant, nursing, taking any medications, or have any medical condition, consult your doctor before use.

Keep out of reach of children.

Store in a cool, dry place tightly closed.

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

Contact us at 1-877-932-7948, or www.supervalu-ourownbrands.com