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21ST
CENTURY.



ONE DAILY

MULTIVITAMIN
MULTIMINERAL
SUPPLEMENT

Energy

Compare VS.
ONE A DAY® ENERGY†

75
TABLETS

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as Acetate & 40% Beta-Carotene)	1,050 mcg 117%	Iron (as Ferrous Fumarate)	9 mg 50%
Vitamin C (as Ascorbic Acid)	60 mg 67%	Iodine (as Potassium Iodide)	150 mcg 100%
Vitamin D ₃ (as Cholecalciferol)	10 mcg (400 IU) 50%	Magnesium (as Magnesium Oxide)	40 mg 10%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	10 mg 68%	Zinc (as Zinc Oxide)	15 mg 136%
Vitamin K (as Phytanadione)	25 mcg 21%	Selenium (as Sodium Selenate)	45 mcg 82%
Thiamin (as Thiamin Mononitrate, B-1)	3 mg 250%	Copper (as Copper Oxide)	2 mg 222%
Riboflavin (Vitamin B-2)	3.4 mg 262%	Manganese (as Manganese Sulfate)	2 mg 87%
Niacin (as Niacinamide)	40 mg 250%	Chromium (as Chromium Chloride)	100 mcg 286%
Vitamin B-6 (as Pyridoxine HCl)	4 mg 235%	Molybdenum (as Sodium Molybdate)	25 mcg 56%
Folate (400 mcg Folic Acid)	667 mcg DFE 167%	Chloride (as Potassium Chloride)	90 mg 4%
Vitamin B-12 (as Cyanocobalamin)	12 mcg 500%	Potassium (as Potassium Chloride)	99 mg 2%
Biotin	300 mcg 1,000%	Tin (as Stannous Chloride)	10 mcg **
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg 200%	Nickel (as Nickel Sulfate)	5 mcg **
Calcium (as Calcium Carbonate & Dicalcium Phosphate)	250 mg 19%	Silicon (as Silicon Dioxide)	5 mg **
		Prolonged Release Guarana Blend (Guarana Powder (seed) Caffeine)	90 mg **
		** Daily Value not established.	

Other Ingredients: Cellulose, Maltodextrin, Starch, Croscarmellose Sodium, Hydroxypropyl Methylcellulose. **Contains <2% of:** Artificial Colors (FD&C Blue #1, FD&C Yellow #5), Ascorbyl Palmitate, BHA, BHT, Caramel, dl-Alpha Tocopherol, Gelatin, Gum Arabic, Magnesium Stearate, Mannitol, PEG, Polydextrose, Polysorbate, Polyvinyl Alcohol, Polyvinyl Pyrrolidone, Silicon Dioxide, Stearic Acid, Sucrose, Talc, Titanium Dioxide, Triacetin, Vegetable Oil, Water.

†One A Day® is a registered trademark of Bayer Corporation, Morristown, NJ 07960

Directions: As a dietary supplement, adults take one (1) tablet daily with any meal or as directed by your healthcare provider. Do not exceed recommended dosage. Individual results may vary.

Warning: For adult use only. This product contains about as much caffeine as one cup of coffee and may cause adverse reaction in those with a health condition or sensitivity that may be aggravated by caffeine. Consult a healthcare provider prior to use if pregnant, nursing, on medications, have a medical condition or are planning a medical procedure. Stop use and contact a physician if adverse reactions occur.

Keep out of reach of children. Do not use if product appears to be tampered with or seal is broken. Store at room temperature.

No added Yeast or Artificial Flavors **Gluten Free.**

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.

Proudly Manufactured by
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501208-0319N

